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Sichuan cuisine:
"Chuancai Jiaoshi" by Benteng Zhang.
Translation and commentary

Supervisor
Ch. Prof. Zanini Livio

Assistant supervisor
Ch. Prof. Passi Federica

Graduand
Gaia Mancuso
Matriculation Number 975926

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Gastronomy is the art of using food

to create happiness

An Intimate History of Humanity, Zeldin

Index

Abstract

This thesis focuses on the translation of a Chinese recipe book, namely 经典川菜教室 (A Course on Sichuan Cuisine) by 张奔腾 (Zhang Benteng), accompanied by an overview of culinary translation and a linguistic and translational commentary.

This paper is divided into three sections. The first section consists of an overview of culinary translation, which aims to provide general information and an overall understanding of the peculiarities of translating a culinary text, specifically from Chinese to English.

The second section is a translation from Chinese into English of specific passages of the selected text. The first part focuses on the translation of the first chapter, fourth subchapter, 川菜概述 (Overview of Sichuan cuisine), while the second part involves the translation of a selection of recipes.

The third and final section consists of a linguistic and translational commentary, which shows the main problems and difficulties faced during the translation process, and the techniques and solutions adopted in order to produce the final English text. As a part of this analysis, a glossary of the technical terms that can be found in the source target text is included. The terms of the glossary are divided according to their different uses, for example, whether they are being used as a single ingredient or in the name of a recipe.

A bibliography can be found in the appendix at the end of the paper.

摘要

本论文主的题目为一本中式食谱书籍的翻译，即张奔腾的《经典川菜教室》，以及语言翻译评论。

本论文分成三部分。第一部分概括地介绍英语与中文的食谱，旨在提供烹饪文本翻译的一般信息和整体理解，它侧重于对食谱的结构、词汇与句法的分析和英语与中文烹饪文本的差异。

第二部分是所选食谱的具体段落从中文到英语的翻译。中文的食谱分成两部分，即第一章《川菜概述》（四）而所选的食谱，所以翻译也分成两部分。第一（四）章的内容为川菜的概况，它的不同风格，口味与烹饪方法。第二大部分的内容为所选28个食谱的翻译。

第三部分是语言学和翻译评论，展示了在翻译过程中遇到的主要问题和困难，创作英语目标文本所使用的策略和解决方式。第三部分主要分析三个方面：结构、词汇与句法的问题和变化。第三部分里的注释词表包括从原文本里所使用的专业词汇，表里的词汇是按照语义分类的，例如口味、烹饪方法、原料和食谱名称。

最后，本论文的参考书目在本文的附录。

Introduction

Eating is one of the most basic necessities of the human body, therefore food has always been a priority. For this reason, each population developed its own cuisine based on what ingredients were available to them. However, food has long become much more. What once was a need is now a pleasure, what once was a way to sustain oneself is now an expression of self, what once was a simple dish is now a group identity. Each population and ethnic group has developed its own cuisine, placing it at the center of its cultural identity, and globalization has allowed people throughout the world to get to know and understand geographically and ethnically distant cultures. The increase in interest in food and cuisine from around the world can be seen everywhere, from the TV programs that are aired every day, to the infinite number of content that is created and shared on social media, and finally to the incredible quantity of cookbooks sold in bookstores and online.

This thesis will present the translation of extracts of the cookbook Jingdian Chuancai *Jiaoshi* 经典川菜教室 (A course on Sichuan Cuisine), written by chef, culinary judge and researcher Zhang Benteng. This cookbook is divided into two sections; the first section provides a detailed description of Sichuan cuisine, focusing on its origins and history, on the influences it received due to its geographical location, and on its typical ingredients, flavors, and cooking methods. The second section of the text includes the recipes, which are divided into 9 categories, namely cold dishes, red meats, fish and seafood, poultry and eggs, vegetables and tofu, desserts, soups, rare ingredients, and finally staple foods.

The first chapter of this thesis will present an overview of the characteristics of recipes as texts. Firstly, the literature regarding English recipe texts will be analyzed, focusing mainly on the particular bipartite structure of the genre, on the peculiar use of lexis, particularly technical terms and common words, and finally on the syntax, specifically the form of verbs used, the phenomenon of ellipsis and the sentence structure. Secondly, the literature regarding recipe texts in Chinese will be examined, focusing on the same aspects as the English recipes.

The second chapter will consist of the translation of extracts of the recipe book. The first section will feature the translation of chapter 1.4. *Chuancai gaishu* 川菜概述 (Overview of Sichuan cuisine), which will present an overview of the styles, flavors, and cooking methods particular to Sichuan cuisine. The second section will consist of 28 recipes selected from the cookbook. The recipes were selected based on three criteria: the first was that each dish had to be specific to

Sichuan cuisine; the second was that, overall, the selected recipes had to represent the different flavors presented in *Chuancai gaishu*; the third and final criteria was that the recipes had to display the wide range of cooking methods included in the first section of the translation and specific to Sichuan cuisine.

The third chapter will consist of a commentary of the translating process. The first section of the commentary will display an analysis of both the source and target text, focusing on characteristics on the macro level. It will include the text function, the target reader, and the main feature of the two texts. Afterward, the macrostrategy employed in the translating process will be explained, and it will be followed by the microstragies utilized. The microstrategies will be divided into sections that focus on the textual features examined in the first chapter, namely structural factors, lexical factors, and syntactic factors. Additionally, expansions will also be included in the commentary.

Finally, given the considerable volume of specialized vocabulary included in both the source and target text, a glossary will also be provided. The glossary will be divided into different categories, specifically tastes and flavors, cooking techniques, measures, ingredients, and recipe names. The order of the columns will show the phonetic transcription first, followed by the Chinese characters, and finally, the English translation of the terms, as it was included in the translation.

1. The language of recipes and cookbooks

This chapter focuses on the characteristics of recipes and cookbooks written in English and Chinese, aiming at providing an overview of the linguistic features on this type of text. Numerous essays and thesis were consulted to complete this analysis. However, although a great number of sources were found regarding English recipes, a scarcity was denoted in the sources regarding Chinese recipes.

Ferguson (1994) states that "the language of cookbook recipes was at first not very different from other written varieties of English, than it began to develop as the circulation of books increased, and it took definitive form in the midnineteenth century with mass literacy and the popularity of cookbooks" (Ferguson, 1994, p. 20). For this reason, it is important to study in what way the language of recipes is different from other varieties of written English.

Recipes have been classified differently by many scholars; Crystal and Davy (1969, p. 241) consider recipes as a written set of instructions; Sager, Dungworth and McDonald (1980, p.118-134) as a schedule of operations; Glaser (1979, in Norrick 1983, p. 173) as "a set of goal-oriented behavioural rules in the general class of immediately directive technical texts"; Norrick (1983, p. 180) and Strevens (1973) as true technical texts; Cotter (1997, p. 58) as a narrative and a story; and Wharton (2010) as "more than just a set of instructions. […] they educate and entertain, inform, and inspire. In many ways they transcend the category of procedural discourse completely" (Wharton, 2010, p. 70). On the basis of this classification, each scholar analyzed certain aspects of recipe texts. For example, Cotter (1997) compared the structure, lexical choices and syntactic features of recipe texts to those of narrative texts, and Norrick (1983) focused on technical vocabulary and compared the structure and syntax on recipe texts to those of scientific texts and sets of instructions.

An additional feature that many scholars pointed out is present in recipes is the presupposition of some basic knowledge on the part of the reader, which is reflected in the language used. One case observed is the use of technical verbs referring to cooking methods, such as 'blanching' or 'parboiling'. Norrick (1983) and Klenová (2010) examined

this phenomenon in their research. Diemer (2013) and Cotter (1997) also highlighted how the language of recipes changes based on the target audience. Recipes intended for a broader audience are typically more explicit and detailed than those meant for a group of professionals.

To better analyze the characteristics of recipes and cookbooks, firstly, English recipes will be analyzed, highlighting the structural, lexical and syntactic aspect, and secondly, Chinese recipes will be observed, focusing on the same aspects as in English recipes.

1.1.   Structure of English recipes

This subchapter will analyze the structure of recipes strictly from a linguistic perspective. Therefore, the layout of pages and the use of colors or images will not be considered.

Many linguists have researched and studied the structure of recipes in order to be able to explain not only in what way recipes are structured, but also for what purpose. When thinking of a recipe, a bipartite structure formed by the list of ingredients and followed by the steps immediately comes to mind. However, Cotter (1997) states that "The recipe form we are most familiar with today – the list of ingredients and instructions on how to compile them – actually was not conventionalized until 1887 with the publication of *The Boston Cookbook*. […] Before that, the ingredients would not necessarily be listed separately but mentioned as they became relevant within the narrative" (Cotter, 1997, p. 59). This means that the current structure of recipes has only recently become the standard for the genre.

Furthermore, Norrick (1983, p. 174) states that recipes are typically divided into two sections, the list of ingredients and the set of steps, but there are occurrences in which the list of ingredients is not present. In these cases, the ingredients are typically highlighted visually through the use of a different font, color or size. Nonetheless, Norrick (1983, p. 174) states that it is because of this bipartite structure that recipes can be differentiated from other texts that consist either of a list or of a set of steps.

The basic bipartite structure can be found in almost all recipes, however, many of them present other sections (Klenová, 2010). Recipes, in particular the most modern ones, start with a title, followed by an introduction of the recipe which might include a story, then present a set of information, such as the nutritional values of the recipe, the number of servings, or even to which type of diet they conform (e.g. vegetarian, vegan, etc.). Then, there is the list of ingredients followed by the preparation steps. At the end there might be some additional information about how to best preserve the food.

Klenová (2010) analyzed the structure of recipes and the changes in layout that appear throughout recipe texts. In her Master's Thesis *The Language of Cookbooks and Recipes*, she discussed the characteristic sections that are common to most recipes, dividing recipes into title, list of ingredients, and main body. The title, which is the name of the recipe, is typically written in a different size and font from the recipe itself. This is done to capture the attention of the reader more easily. Other scholars who analyzed the nature of the title are Fisher (2010) and Cotter (1997), although from the perspective of the contents. In *The Anatomy of a Recipe* (Fisher, 2010, p. 23), she states that the title of a recipe will necessarily give a sort of description of the dish entailed, and Cotter (1997, p. 59) specifies that the title provides a summary of the finished dish to the reader, but that they are becoming more cryptic.

In Klenová's (2010, p. 99) analysis, the title is followed by the list of ingredients, typically presented in one or two columns, and sometimes in a different typeface than the rest of the recipe. Additionally, she specified in which order the ingredients are presented. They usually appear in the same order in which they will be used, and they are typically shown together with the quantities in which they will be needed. Cotter (1997, p. 62) also states that ingredients are listed in the order in which they will be used; however, she also affirmed that, in some cases, they are ordered according to their importance in the recipe. This denotes that, even though recipes have a standard structure, the authors are still given the freedom to make personal adjustments.

After the list of ingredients, there is the main body of the recipe, e.g. the preparation steps or preparation method; this part is divided into paragraphs that are numbered or differentiated with headlines or indentations. Each paragraph represents one step and, in some cases, is as short as a single sentence (Klenová, 2010, p. 105). Regarding the order in

which the steps are presented, Norrick (1983, p. 174) states that they might not be ordered in the same way in which the actions should be carried out because recipes are intended to be read beforehand. On the other hand, Cotter (1997, p. 62) affirms that the steps should be described in "proper order". This could be interpreted as the writer having the possibility to freely choose the order in which to write the steps. For example, they could be listed in the order in which they need to be executed, or they may be listed according to the components. This is often the case with recipes that involve more components that need to be prepared simultaneously, such as dumplings. In this case, for example, the steps may be divided into three categories: the filling, the dough, and the cooking itself.

Klenová (2010) then discussed the other components that, despite being less common, are still typical of the genre. These are: information on the number of portions that the recipe will provide, statistics on the nutritional values and caloric content of each serving, instructions on the equipment needed for the preparation, an estimate of the time needed to prepare the dish, and additional information on how to best preserve the food, as well as for how long. Furthermore, she noticed that more recent recipes include additional information that is not strictly related to the preparation of the dish, such as cultural or historical information about the dish (Klenová, 2010, p. 10). Cotter (1997) also points out cases of information located between the title and the list. She referred to them as "orientation clauses" whose function is to "place the actions being described in a particular context, providing information on place and time, the participants, and the nature of the situation" (Cotter, 1997, p. 60). Additionally, she states that another function of the orientation clauses is to indicate unordinary consequences caused by unusual ingredients or particular action sequencing (Cotter, 1997, p. 61).

Finally, Klenová (2010, p. 10) states that recipes are traditionally short pieces of writing, covering approximately one page. Kaneyasu and Kuhara (2020, p. 15) also mention that brevity is an important quality in commercial recipes, as it improves visual clarity and accommodates space constraints. However, Klenová (2010, p. 10) also mentions that more modern cookbooks will contain longer recipes, in which the background information might be longer than the recipe itself.

1.2.   Lexis in English recipes

This subchapter will focus on the analysis of the lexical aspects of English recipes, paying particular attention to high frequency vocabulary that is employed throughout recipes, such as nouns, verbs, measures, and articles. As previously mentioned, recipes can be classified as technical texts, and as such, they contain numerous technical terms which can be found both especially as nouns and as verbs. This characteristic of recipe texts will be analyzed in each section of the following subchapter.

1.2.1. Measures

The first category of technical terms encountered in a recipe is partitives. A partitive refers to "different nouns which, as the term itself implies, refer to 'a part of a whole', 'to a single item' or to 'a collection of items'" (Alexander 1988, in Klenová 2010, p. 50). These partitives can be part of a measuring system that is specific to recipes, such as 'teaspoons' and 'tablespoons', or of a system that is commonly used, e.g. 'ounces' and 'pounds'. Additionally, there can be measurements that do not belong to any system as well, such as 'pinch' and 'knob', and even less specific measures, e.g. 'medium (onion)' or 'according to taste' (Norrick, 1983, p. 180). Measures are included in most recipes, and Klenová's (2010) analysis shows that less specific measures are less frequently used. In fact, she states that "measurements and quantities […] should be as accurate as possible" (Klenová, 2010, p. 52).

1.2.2. Nouns

The second category of lexis that is important to analyze is nouns. "Nouns are by far the most frequent word class; on average every fourth word is a noun" states Biber (1999, p. 65) in *Grammar of Spoken and Written English*. This makes nouns an important factor to

analyze in any type of text. However, in the particular case of recipe texts, what is worth analyzing is the character of nouns used and the way in which they are combined (Klenová, 2010, p. 39).

According to Klenová's (2010, p. 41) observations, the nouns that appear the most frequently in recipes are related to food and cooking, and primarily represent ingredients. Since all of the ingredients are usually listed in the first part of the recipe, i.e. the list of ingredients, that is the case in which they are "specified in great detail by means of their full name, quantifications, and measurements, and by the description of the way they should be processed before they enter the cooking process for which they are meant" (Klenová, 2010, p. 41). On the other hand, throughout the main body of the recipe, i.e. the procedural steps, superordinates of the original nouns are used (Klenová, 2010, p. 41). For example, an ingredient might be listed as 'sliced shiitake mushroom' at first, and later be referred to as simply 'mushroom'.

An additional type of nouns that is often featured in recipes is proper nouns. This is also related to the intrinsic characteristics of the list of ingredients. As a matter of fact, the elements listed are in various occasions of foreign provenance or origin, and therefore might be preceded or followed by a specification of origin (Klenová, 2010, p. 42); two examples are 'Maldon salt' and 'Balsamic vinegar of Modena", which clearly state the town of provenance. Proper nouns of foreign origin have, for the most part, already been appropriated into the English language, maintaining the original spelling and pronunciation (Klenová, 2010, p. 42). Another peculiar case is that of ingredients which are referred to with a proper noun in order to be better identified (Klenová, 2010, p.41-42); for example, while in the main body of the recipe we might only find reference to 'potatoes', they may be reported in the list of ingredients as 'russet potatoes' or 'sweet potatoes'. This is done to help the audience best recreate the dish included in the recipe.

An additional feature worth analyzing is that of loan words. As a matter of fact, a significant proportion of the nouns included in recipes comes from different languages (Klenová, 2010, p. 44). This phenomenon is especially seen in, but not limited to, ethnic recipes and cookbooks. As previously mentioned, many ingredients are listed along with their place of origin, and this is particularly true for ethnic ingredients. A few of these words have already been incorporated into the English language, to the point of losing their

foreignness (Klenová, 2010, p. 44). A few examples of nouns that have already been incorporated are 'pasta', 'bechamel', and 'al dente'. This process of incorporation is not limited to nouns, and will later be further observed in the case of verbs.

1.2.3. Verbs

Verbs are a fundamental part of any text, and this is especially true for recipes, due to the high density and wide range in which they are used. Verbs in recipes range from highly specific and of technical character to general verbs used in other registers (Klenová, 2010, p. 61). In her research, Klenová (2010, p. 61) notices that verbs which are commonly used in other registers appeared in recipes more often than the more specialized ones. This is caused by the restricted areas of use of the more technical verbs. Additionally, she observes that the majority of verbs used in recipes are action verbs, and this corresponds with the fact that they provide instructions to the readers on the actions that need to be executed, indicating what to do and how to do it.

The more specialized and technical verbs are mainly used to name cooking methods. Some examples are 'blanch', 'parboil', 'stir-fry', 'deep-fry', 'shallow fry', and 'marinate'. These technical terms might not only entail a particular action or operation, but they often also hold additional implications or restrictions (Norrick, 1983, p. 180). Additionally, some terms might imply the same actions, but differ based on the type of food prepared; for example, 'bake' and 'roast' both require the food to be cooked in the oven, but the first term is mainly used for desserts and breads, while the second is used for meats. Similarly, the different temperature or timing might cause the use of different verbs. For example 'simmer', 'boil', and 'blanch' all involve cooking a certain ingredient in a liquid, but 'simmer' is used when the temperature of the liquid is slightly lower than that of boiling, 'boil' refers to cooking food in boiling water, and 'blanch' is used when cooking food in boiling water only for a short a time (Klenová, 2010, p.63-64). Finally, it is also important to mention the abundance of verbs that imply some form of cut. They can be differentiated based on the final shape and size of the ingredient. For example, 'chop' refers to cutting into pieces, while 'slice' means cutting into slices (Klenová, 2010, p. 64). For this reason, an unexperienced

cook might have difficulties understanding what the correct course of action is, what the cooking technique means and what it implies.

An additional factor that may cause difficulties in unexperienced cooks is the vast use of verbs of foreign origin. Klenová (2010, p. 45) observes that these words come from different languages, such as French and Italian, and that some have already been incorporated into the English language, while some others are still viewed as foreign. Two examples of verbs deriving from foreign languages that may appear in English recipes are 'poach' and 'sauté'.

1.2.4. Articles

Another category that should be named is that of articles. Klenová (2010) points out the peculiarities of this category. She observes that articles, both definite and indefinite, are hardly used in the list of ingredients. This is due to the nature and function of this specific part of the text. As a matter of fact, its function is to introduce new elements into the discourse of the recipe, and these new elements are specified though quantify characterizations or adjectives. In the procedural steps, conversely, since the ingredients have already been mentioned and specified, there is an abundance of definite articles (Klenová, 2010, p. 57). This is due to the fact that the definite article "specifies that the referent is assumed to be known to the speaker and addressee" (Biber, 1999, p. 69) unlike its indefinite counterpart "which narrows down the reference to a single member of a class" (Biber, 1999, p. 70). Kittredge and Lehrberger (1982) and Norrick (1983), on the other hand, note the omission of definite articles in recipes. Norrick (1983, p. 177) states that "Recipes show a tendency to drop the definite article from direct object NPs [...]. Ellipsis of definite articles in direct object NPs [...] is standard in all the recipes I have investigated, and this includes British, North American, French, German and Italian". Norrick (1983) then makes a comparison with other texts that contain sets of instructions and a bipartite structure similar to that of recipes, and observes that recipes were the only texts that showed an ellipsis of definite articles.

1.3.   Syntax of English recipes

This subchapter will focus on the analysis of English recipes from the aspect of grammar and syntax. As was observed in the previous subchapter for the lexical aspect, there are features specific to recipe texts also on the level of syntax. The following chapter will pay particular attention to verb forms, to the phenomenon of ellipsis, and to the structure of sentences and periods.

1.3.1. Verbs

In the previous subchapter, verbs were analyzed on the level of lexis, mainly focusing on them as technical terms, loan words, or as common words. In this subchapter, on the other hand, verbs will be analyzed on a syntactic level, focusing mainly on the form and voice in which they are present in recipe texts.

Many linguists observed that verbs are commonly found in the imperative form in recipe texts. Furthermore, Norrick (1983, p.176-177) and Cotter (1997, p.56-57) points out that subjectless, verb-initial imperative sentences are typically found in the main body of recipes. "The imperative verb forms are the recipe's most distinguishing feature" (Cotter, 1997, p. 56). This is due to the fact that the imperative form allows to string together in the simplest and most direct way the various actions that need to be executed, making it a common feature of technical texts containing sets of instructions. Additionally, the imperative form allows to "create internal cohesion between and among the discourse elements" (Cotter, 1997, p. 56). For example, in the sentence 'add salt and pepper, then stir', the order of actions is clear, making it easy for the audience to reproduce the actions depicted. Wharton (2010, p. 68) also observes this peculiarity, and stated that, when used in the context of a recipe, the imperative's directive force is lost, and the action is simply one phase in a series of steps that the reader can decide whether to take or not to.

Non-imperative clauses also occur in recipes, but they are frequently found in sections other than the procedural steps, such as in the informative introduction to a recipe,

in the serving suggestions, or also in the recommendations at the end of the recipe (Norrick 1983, p.177; Cotter 1997, p.56-57). Norrick (1983, p. 177), Cotter (1997, p. 56-57), and Klenová (2010, p. 69-70) notice that the present tense was often used in these sections, e.g. 'It is best to store in the fridge'. Cotter (1997, p. 56-57) also notes that non-imperative clauses typically act as evaluative or descriptive markers, and are usually found at the beginning or end of imperative clauses, meaning that they do not have the function to initiate a different activity, but rather to provide additional information about the action described in the imperative clause.

Regarding the aspect of voice, the active voice is the most frequent verb form used in recipe texts (Klenová, 2010, p. 70). This is a common occurrence in texts that provide instructions to the reader and, in the case of recipes, on the steps needed to realize the dish.

1.3.2. Ellipsis

"The ellipsis of sentence constituents turns out to be a characteristic feature of recipe syntax" (Norrick, 1983, p. 177). It was previously mentioned that various elements of the text are missing in recipes, e.g. the subject, and this is precisely one of the forms in which the phenomenon of ellipsis takes form. Ellipsis is "the omission of elements which are precisely recoverable from the linguistic or situational context" (Biber, 1999, p. 156), but it can also be divided in particular subcategories. Textual ellipsis, for example, is the omission of elements that can be recovered from the linguistic context, and situational ellipsis is the omission of sentence constituents that can be recovered from the situational context (Biber, 1999, p. 156).

As Norrick (1983, p. 177) states, ellipsis is a defining characteristic of recipe syntax. Other linguists highlighted the importance of this phenomenon in recipes; Brown and Yule (1983) define the language of recipes as "the elliptical written language of a recipe" (Brown & Yule, 1983, p. 175-176). This phenomenon can involve different elements. The most frequent are subject, object and article dropping (Norrick, 1983, p. 177). The ellipsis of the subject is common in adverbial clauses, particularly clauses that begin with 'until' (Klenová,

2010, p. 89). For example, 'cook until reduced' is a common phrase found in recipes. In this case, the subject of the verb 'reduced' is 'the sauce', but it was omitted because it was easily inferable from the context. The ellipsis of the direct object is also frequent in recipes, and it usually refers to ingredients or intermediate products that were identified immediately beforehand (Norrick, 1983, p. 177). For example, in the phrase 'peel the potatoes, rinse and cut into slices' the object 'potatoes' is mentioned only after the first verb ('peel'), and is later dropped because easily inferable from the context. Finally, the ellipsis of the article was observed by Norrick (1983, p. 177), who states that dropping the definite article is standard not only in English recipes, but also in French, German and Italian recipe texts. Additionally, he analyzed texts containing instructions and a bipartite structure different from recipes, and noticed that this phenomenon did not occur.

1.3.3. Sentence structure

The last aspect of syntax that will be examined is the structure of sentences. It was previously mentioned that the main body of recipes is divided into steps that may contain a single sentence. This is not always the case, but simple sentences are often found in recipes, and, on most occasions, they are linked together into compound sentences through the use of coordinate conjunctions (Klenová, 2010, p. 76). The most frequent linking tools are conjunctions, such as 'and', 'then', and 'or', and commas, and they are employed in a manner that suggests a sequence and order for carrying out the tasks (Klenová, 2010, p. 76).

Additional methods used in recipes to join sentences are complex sentences linked with participle constructions or infinitives. These are: adverbial clauses, particularly time clauses and sentences linked with cohesive markers such as 'while', 'until' and 'when', and, although rarer, conditional clauses (Klenová, 2010). Adverbial clauses are frequently used in recipes because they allow to better instruct the reader on precisely how an action must be carried out. For this reason, time clauses are essential in recipes, since they explain for how long an action must be executed, allowing the reader to know exactly when a step is finished, and when they can begin to execute the following one. The most frequent time

clauses start with 'for' or 'until'. 'For' is usually followed by a number, stating the minutes or hours for which an action must be carried out, e.g. 'cook the pasta for 9 minutes', and 'until' is often followed by a description of an external condition, such as 'knead until it forms a sticky dough'. Since 'for' gives an exact amount of time, it is more specialized than 'until' (Klenová, 2010, p. 81).

1.4.   Structure of Chinese recipes

This subchapter will focus on the structure and layout of recipes and cookbooks in Chinese. In order to organize the text and enhance readability, Chinese recipes follow a structure similar to that found in English recipes. Chen (2016, p. 98) states that recipes are divided into list of ingredients, preparation steps and eventual tips. These sections are divided through textual and visual metadiscourse, such as numbered sentences, text chunking and the addition of pictures.

Numbered sentences are mainly used in the main body of recipes, i.e. the preparation steps, in order to effectively organize the steps and make them more easily understandable to the reader. Chen (2016, p. 98) points out that the level of readability, step by step procedure and temporal consequentiality would decrease if the body was not divided by numbers.

Text chunking is the direct result of the division of recipes into sections and numbered steps. Each 'chunk' consists of a step, and is connected to the previous and following one through numbers or headings (i.e. '制作', preparation). The steps are also written in chronological order to give the reader a clear and ordered sequence of activities to carry out (Chen, 2016, p. 98).

The last structural characteristic mentioned by Chen (2016, p. 98) is "volume", intended as the length of the recipe. Chen (2016, p. 98) states that the sentences must be as short as possible, in order to better guide the reader in making the recipe quickly and correctly. As a consequence, the recipe will necessarily become a short text as well.

1.5.　　　Lexis in Chinese recipes

Regarding the lexical aspect in Chinese recipes, Chen (2016) denotes a dual tendency. Chen (2016, p. 99) states that the vocabulary of recipes contains a large number of words commonly used in spoken language, but also a substantial amount of technical and specialized terms. This is possibly due to the author's intention to create a text that is at the same time easy to comprehend, informative and specialized.

Additionally, Chen (2016, p. 99) specifies to which semantic fields the words encountered in recipes belonged. The first field encountered is that of food, which shows a particularly high density of words related to ingredients. This is to be expected, considering that each recipe contains a list of ingredients, which are then mentioned at least once more in the main body of the recipe. The second semantic field is formed by verbs related to cooking methods, such as '炒' (stir-fry), '炸' (deep-fry), '煮' (boil) and '加入' (add). These verbs can range from highly specialized and technical to more commonly used in colloquial language. Finally, the third semantic field mentioned is that of time, which is composed of mainly colloquial words, such as '后' (after), '分钟' (minutes), '最后' (finally). This is due to the high frequency of temporal clauses in recipes in Chinese. This occurrence will be analyzed in chapter 1.6.

An additional observation is that "all of the verbs used in the Chinese recipe encode motion" (Cani, 2021, p. 114). The verb that is most frequently used precisely for this reason is '入' (to insert) which, combined with other verbs, creates a directional compound in which the first verb explains how action is performed, and the second verb explains the direction of the action (Cani, 2021, p. 114-116).

1.6.　　　Syntax of Chinese recipes

Chinese recipes' sentence pattern is characterized by semantically passive and subjectless sentences (Chen, 2016, p. 98). In Chen's (2016, p. 98) study, semantically passive

sentences comprise 33% of the corpus and subjectless sentences make up 67% of the corpus. This is due to the difference in what each sentence focuses on. Semantically passive sentences focus on the receiver of the action, and subjectless sentences emphasize the action, rather than the person carrying out the action or the receiver of said action (Chen, 2016, p. 99). Additionally, subjectless sentences are often a consequence of ellipsis, and will therefore begin with the verb. For example, the phrase '用南瓜去皮切块蒸熟' (peel the pumpkin, cut it in pieces and steam it) contains four verbs, '用' (use), '去' (remove), '切' (cut) and '蒸' (steam), the first of which is found at the beginning of the sentence, and none of which has an explicit subject (Cani, 2021, p. 20). The verb '用' (use) is often used to introduce the receiver of the action, while the particles '把' and '将' are often used to emphasize it (Cani, 2021, p. 138).

The phenomenon of ellipsis can also be found in the case of objects, and direct object deletion is extensively used in recipe texts (Garzone, 2017, p. 43). This can be observed in the phrase '用南瓜去皮切块蒸熟' (peel the pumpkin, cut it in pieces and steam it) contains four verbs, in which only the verb 用 (use) is followed by a direct object, 南瓜 (pumpkin), while the following verbs have dropped it.

Finally, there is an abundance of temporal and locative clauses (Chen, 2016). Due to the nature of recipe texts, the main body of the recipe instructs the reader on how to perform an action, where and for how long, and locative clauses explain the where, e.g. 'add to the wok', while temporal clauses state the timing/for how long, for example 'stir-fry for 5 minutes'. For this reason, it is not surprising that locative and temporal clauses are often found in this type of text.

2. Translation

Overview of Sichuan cuisine

Careful soup making

The preparation of soups in Sichuan cuisine is very intentional. There is even a saying that goes "Sichuan opera can't be separated from singing, as Sichuan cuisine can't do without good soups". For example, clear stock needs to simmer for a long time on low heat while paying particular attention to the techniques of foaming and skimming. This is the only way to obtain a stock that is clear and tasty. On the other hand, milky stock needs to be cooked on high heat until it is white as milk, with a strong and rich flavor, but not greasy. Different types of broths also play an important role in making different types of dishes.

The different flavors of Sichuan cuisine

When talking about the many flavors of Sichuan cuisine, the phrase "Three aromatics, peppers and fermented products, seven tastes, eight flavors, and nine ingredients" cannot but be mentioned. But what exactly are they? They are the elements that make up Sichuan cuisine. Another famous phrase concerning Sichuan cuisine is "Food is in China, but flavor is in Sichuan". This doesn't mean that other regional cuisines are completely flavorless or have a weak flavor. China's culinary resources are endless, and so all regions have their own rich and unique flavors that are worth being proud of.

Sichuan cuisine is the main representative of all of China's cuisine in the world, so what are the "Three aromatics, peppers and fermented products, seven tastes, eight flavors, and nine ingredients"? The three aromatics are scallions, ginger, and garlic; the three peppers are chili peppers, black pepper, and Sichuan pepper; the three fermented products are vinegar, *Pixian doubanjiang*, and *laozao*. Stir-frying, common cooking technique used in Chinese cuisine, requires scallions, ginger, and garlic, and this is a universal truth. However, the three peppers used in Sichuan cuisine are a new addition that renovates this truth, as

well as further expands the flavor. As a matter of fact, it's the specific and unique use they make of them that has created the "seven tastes and eight flavors" and the world-renowned Sichuan flavor.

What are the seven tastes, the eight flavors and the nine ingredients? The seven tastes are: sour, sweet, bitter, spicy, *ma* (numbing-spicy), fragrant, and lastly salty. The eight flavors are: *yuxiang* (typical Chinese seasoning generally referred to as "hot garlic sauce" and "fish-fragrant sauce"), *mala* (numbingly spicy), sour and spicy, dry braised, spicy, chili oil, *guaiwei* (commonly known as "strange flavor") and finally *jiaoma* (meaning "Sichuan peppercorn and green onion flavor"). The "nine ingredients" refers to the other miscellaneous ingredients used.

The different styles of Sichuan cuisine

Since its origin, Sichuan cuisine has been called in many ways. For example, in the past, people living in this region divided its cuisine in styles according to the area: there was the Shanghe Gang in Chengdu and Mianyang, the Xiahe Gang in Chongqing and Wanzhou, and the Xiaohe Gang in Zigong and Yibin. Nowadays, people usually refer to the Shanghe Gang as the "Chengdu style" or "Western Sichuan cuisine", to the Xiahe Gang as the "Chongqing style" or "Eastern Sichuan cuisine", and to the Xiaohe Gang as the "Zigong style" or "Southern Sichuan cuisine". The differences between regional styles and flavors caused small differences in the characteristics of Sichuan cuisine. In general, the spicy flavor of the Chengdu style is *ma* (numbing), creating numerous flavors, the spicy flavor of the Zigong style is dry, highlighting its aromatic spiciness, and the spicy flavor of the Chongqing style is bright, accentuating the glossy mouthfeel.

The Chengdu style

The Chengdu style refers to the dishes originated in Chengdu and Mianyang. As the saying goes: "Food is in Sichuan, but flavor is in Chengdu". Chengdu is the capital of Sichuan and, as the representative of Western Sichuan cuisine, it is also the heart of Sichuan culinary

culture. Food is the most important thing for Chinese people, and the Chengdu style represents the preferences of people living in Southwestern China.

The Chengdu style has been famous for a long time. Zuo Si (250-305), writer of the Western Jin dynasty, once mentioned in his "Shu Capital Rhapsody" that its food is so delicious that it makes people drool buckets. Literary scholars throughout history have praised the Chengdu style, and, for this reason, there are many dishes named after them. The main characteristic of the Chengdu style is the unique combination of meat and vegetables; for example in high-end banquets that include Shark fin soup, there must also be one vegetarian dish as well as a *mala* flavored one.

In addition, the Chengdu style emphasizes the color, aroma, and flavor of dishes by using particular condiments such as *Pixian doubanjiang*, Deyang soy sauce, and Baoning vinegar. These are complemented by the green and red vegetables, which are highly aesthetically pleasing. Rongle Garden, previously called Zhengxing Garden, was a restaurant famous for dishes such as Chicken tower, Red-braised marmot, Lamb liver soup with bamboo shoots, and Boiled pak choi.

Kung Pao chicken, Mapo tofu, Tea smoked duck, Clay-jar pork, all famous dishes of Sichuan cuisine, come from the Chengdu style. In addition, many snacks that originated in Chengdu became staples in Sichuan cuisine. These snacks originated before the liberation of Chengdu (1949), when street vendors appeared, carrying baskets balanced on a bamboo pole, shouting and doing business. They specialized in homemade ready-to-be-served meals. They expanded their business over time, opening shops and naming them after the street in which they used to work, putting up a shop sign to declare that theirs was the only authentic shop. Now, when people mention Chengdu snacks, they immediately think of Mr. Lai's glutinous rice balls with sesame stuffing, Zhong crescent dumplings, Mr Ma's sweet potatoes, Mr. Zhang's jelly, Noodles with vegetables, and Sanhe mud.

With the liberation of Chengdu, its culinary culture developed significantly. Chengdu's snacks have long become popular because they are fast and convenient, cheap, high quality, and full of flavor. In addition, the hotpot culture in Chengdu is closely related to the one in Chongqing. As a matter of fact, the hotpot culture in Chengdu comes from Chongqing, but it is more fragrant and umami-forward, and it's moderately spicy. People in

Sichuan love spicy food because of its complexity. Spice and fragrance are combined and perfectly balanced, without one overpowering the other. Additionally, there is also the *mala* flavor which, combined with the other flavors, creates an unforgettable mix. When slow cooked in a copper pot, they become the first ever made Chengdu's Mala soup.

The Chongqing style

The flavors of the Chongqing style evolved because of the development of Chongqing and Wanzhou. Chongqing, known as The Mountain City, is full of natural treasures. The Yangtze River and the Jialing River pass through it, and there are beautiful mountains all around it. It has always been the center of culinary culture in the area. In the '90s, the dining tables in Chongqing were extremely rich, as were the flavors of the many dishes served on them. Phrases such as "The famous foods of Chongqing", "Chinese most famous dishes", and "Chongqing hotpot" spread like wildfires and Chongqing hotpot developed and became famous throughout the world.

The food of Chongqing truly deserves its reputation. The main characteristics of Chongqing style dishes are their ability to take advantage of the natural resources of the region, to be innovative, and to adapt to different needs. Ever since the early years of the Republic of China, the Taolechun restaurant was able to host high-end sea cucumber banquets, while the Liuchunwo and the Jiuhuayuan restaurants were able to host events and banquets on a large scale (even with 200 tables), where they prepared braised and roasted dishes, shark fin, and even the legendary Manchu Han Imperial feast.

Many famous Sichuan dishes were first originated in Chongqing, such as Stewed duck soup with cordyceps flowers, Chicken soup with fritillaria bulbs, Pigeon eggs and bamboo mushroom soup, and Roasted suckling pig. At the same time, there are low-end restaurants everywhere filled with customers that serve Steamed pork with rice flour, Steamed sweet pork with sticky rice, Braised pork chitterlings, and Tofu pudding.

Due to the abundance of rivers, Chongqing chefs are good at cooking fish. Particularly remarkable dishes are Dry-braised rock carp, Silver carp with doubanjiang, Shark fin with minced chicken, and Squid with pickled vegetables.

When talking about the Chongqing style, it's impossible not to mention Chongqing hotpot, also called Beef tripe hotpot and Mala hotpot (hot and numbing hotpot). It originated in the 17th century by the Jialing riverbank and the Chaotianmen dock in Chongqing due to the extravagant eating habits of sailors and boat haulers. Its main ingredients are beef tripe, fresh pig aorta, duck intestines and beef blood. The culture of Chongqing hotpot is deep-rooted and highly characteristic; it originated between common people and later reached the imperial court. Many different people eat this dish, from common people (both young and older), to high-ranking officials, scholars, and merchants, and the frequency at which it is eaten is unparalleled in other places. As a delicacy, hotpot has already become the representative of Chongqing cuisine and the city's business card, to the point that people say that you haven't been to Chongqing if you haven't eaten its hotpot.

The Zigong style

Zigong is the heart of the Zigong style and the representative of Southern Sichuan cuisine. This style mainly covers the areas of Zigong, Neijiang, Rongxian, Weiyuan, and Zizhong. Zigong was originally a place where salt merchants gathered, and so it has many specialty dishes. Neijiang is located halfway between Chengdu and Chongqing and there have always been many restaurants. Zigong's Boiled beef slices in a fiery sauce and Chrysanthemum hotpot are outstanding, while Neijing, also called Sweet City for its sweet dishes, is famous for dishes such as Steamed sweet pork, Fish with doubanjiang, Snow mushroom soup with rock sugar and Mixed fruit soup.

Due to the salt business thriving, the Zigong style became famous throughout Sichuan in the middle of the Qing dynasty (1644-1911) with the names of "Yanbang Cai" (Salt Gang) and "Salt merchant's cuisine". As the popular saying goes: "If you haven't eaten dishes of the Salt Gang, you haven't come to Zigong".

Because of the abundance of salt mines in Zigong, chefs of this area were able to enhance the flavor by taking advantage of salt as a seasoning and as a condiment. There is another saying that goes: "In the culinary world, food is in Sichuan and taste is in Zigong". Zigong style dishes mainly use ingredients found in local rivers and mountains,

23

accompanied by pickled ginger and pickled hot peppers. This allows the dishes to have a rich, fragrant and umami flavor that strongly stimulates the tastebuds and is rich in the characteristics of Southern Sichuan cuisine. Zigong style involves many ingredients, flavors, and complex cooking methods. This style includes different types of cuisine, such as street food, Salt merchant's cuisine, and salt workers' dishes. This last one is the most prominent one, with its famous Boiled beef slices in a fiery sauce and Fireside beef, which reflect the strong fragrance, the hearty flavor, and the simple characteristics of this cuisine. The dishes that come from rich salt merchants reflect the quality of the exquisite ingredients, of the refined flavors, and of the innovative concepts. Salt historian Song Liangxi (1944-2017) once said: "Salt merchants eat anything, nothing is too weird for them". The stranger the ingredients and the more eccentric the cooking method, the higher the social status of the host will be. For example, Pork blood sausages and Shallow fried goose feet are two specialties known for their strange ingredients.

The flavors of Sichuan cuisine

When it comes to Sichuan cuisine, people always think of numbing spicy (*mala*), but the flavors of this cuisine shouldn't be reduced to this word. The six basic flavors of Sichuan cuisine are: numbing (*ma*), spicy (*la*), umami, salty, sour, and bitter. If combined and blended, they can turn into more complex flavors. Home-style flavor is based on salty, umami and mildly spicy flavor; *yuxiang* flavor is made by combining salty, sweet, sour, spicy, fragrant, and umami flavor; *guaiwei* flavor is made up of all of the basic flavors combined. Different quantities of the basic flavor combined create different complex flavors, such as chili oil flavor, scorched chili flavor, tangerine peel flavor and *jiaoma* flavor. Sichuan cuisine is famous for its *mala* flavor, but the other flavors are also fundamental. Considering the fragrance alone, there are the fragrant fermented sauce flavor, the five spice flavor, the sweet fragrant flavor, the fragrant flavor, the smoked flavor, the salty-umami flavor, the lychee flavor, the sweet and sour flavor, the ginger juice flavor, the minced garlic flavor, the mustard flavor, and many more.

With the improvement of living standards, culinary requirements increased; some traditional flavors couldn't satisfy people's appetite anymore, and the "New Sichuan Cuisine"

emerged. Because of the influence of other regional cuisines, New Sichuan Cuisine underwent significant changes, from ingredients to techniques and also to utensils. In terms of flavor, it incorporated seasonings from Guangdong, Fujian, Hong Kong and Taiwan and it combined them with the cooking techniques of Sichuan cuisine, creating many innovative flavors and enriching Sichuan's culinary culture.

At the moment, Sichuan cuisine has more than 30 commonly used complex flavors, and they are mainly divided into three categories:

- *mala*, which includes *mala*, chili oil, scorched chili, sour and spicy, *jiaoma*, home-style, spicy and fragrant lychee, *yuxiang*, tangerine peel, and *guaiwei* flavor;
- spicy and fragrant, which includes minced garlic, ginger juice, mustard, sesame paste, smoked, fragrant fermented sauce, five spices, and fragrant and boozy flavor;
- salty-umami, sour and sweet, which includes salty-umami, black bean sauce, eggplant sauce, boozy and sweet, lychee, and sweet and sour flavor.

The *mala* flavor (numbingly hot)

The mala flavor is a common flavor in Sichuan.

Components: chili peppers, red and green Sichuan peppers, salt, Shaoxing wine, MSG.

Characteristic flavors: fragrant, spicy, salty, umami.

Aftertaste: sweet.

Uses: cold and hot dishes.

Famous dishes: Mala anchovies, Mala pork kidneys, Mala winter bamboo shoots.

The smoked flavor

Components: raw ingredients (typically meat) smoked over rice straws, cypress branches, tea leaves, camphor leaves, peanut shells, and wood shavings.

Characteristic flavors: salty, umami, rich, dense, with a unique fragrance.

Famous dishes: Tea-smoked duck, Smoked beef, Smoked pork chops.

The tangerine peel flavor

Components: tangerine peel, Sichuan well salt, soy sauce, vinegar, Sichuan pepper, dried chili peppers, ginger, green onions, sugar, chili oil, sesame oil.

Characteristic flavors: tangerine peel fragrance, strong *mala* flavor.

Aftertaste: sweet.

Uses: cold dishes.

Famous dishes: Tangerine peel duck, Tangerine peel braised pork, Tangerine peel rabbit.

The *guaiwei* flavor (*strange flavor*)

The *guaiwei* flavor is a flavor unique to Sichuan cuisine.

Components: Sichuan well salt, soy sauce, ground Sichuan pepper, sugar, minced garlic, MSG, chili oil, sesame oil.

Characteristic flavors: umami, sweet, *mala*, spicy, sour, fragrant, salty.

Uses: cold dishes with chicken, fish, rabbit, peanuts, and walnuts.

Famous dishes: Guaiwei chicken strips, Guaiwei peanuts, and Guaiwei walnuts.

The home-style flavor

It was named "home-style flavor" because people from Sichuan often have the ingredients needed to make it at home.

Components: *doubanjiang*, red chili peppers, Sichuan well salt, soy sauce.

Characteristic flavors: salty, umami, slightly spicy.

Uses: hot dishes.

Famous dishes: Twice-cooked pork, Salt-fried pork, Home-style sea cucumber, Home-style tofu.

The salty-umami flavor

The salty-umami flavor is the most used flavor in Sichuan cuisine.

Components: Sichuan well salt and MSG.

Characteristic flavors: moderately salty flavor and lightly salted umami.

Uses: home-style cold and hot dishes.

Famous dishes: Umami mushroom and choy sum (also called Chinese flowering cabbage), Stir-fried chicken strips, Hibiscus-blossom chicken slices.

The sour and spicy flavor

Components: Sichuan well salt, soy sauce, rice vinegar, ground black pepper, MSG, sesame oil.

Characteristic flavors: sour, spicy, salty, umami, strong vinegar fragrance.

Famous dishes: Sour and spicy chicken strips, Sour and spicy cucumber strips.

The ginger juice flavor

Components: Sichuan well salt, soy sauce, ginger flavor, sesame oil, MSG.

Characteristics: light color, lightly salty-umami flavor, strong ginger juice flavor.

Famous dishes: Spring chicken with ginger sauce, Fish with ginger sauce, Shredded pork with ginger sauce, Duck feet with ginger sauce, Spinach with ginger sauce.

The *yuxiang* flavor (fish-fragrant flavor)

The *yuxiang* flavor is the most famous flavor in Sichuan cuisine.

Components: Sichuan well salt, soy sauce, sugar, rice vinegar, pickled chili peppers, ginger, green onions, garlic.

Characteristic flavors: salty, spicy, sour, sweet, *yuxiang*.

Famous dishes: Yuxiang pork strips, Yuxiang prawns, Guojiang style yuxiang eggplant, Yuxiang eggplant, Yuxiang duck.

The *jiaoma* flavor **(Sichuan peppercorn and green onion flavor or Sichuan pepper flavor)**

Components: Sichuan pepper, Sichuan well salt, soy sauce, the green part of the stem of green onions, MSG, sesame oil.

Characteristic flavors: salty, umami, *ma*, with a strong green onion fragrance.

Uses: cold dishes.

Famous dishes: Jiaoma chicken strips (also called Chicken in Sichuan pepper and scallion sauce and Cold chicken in Sichuan pepper-scallion oil) and Jiaoma duck feet.

The scorched chili flavor

The scorched chili flavor has the unique characteristics of flavors from Sichuan cuisine.

Components: Sichuan well salt, soy sauce, dried red chili peppers, Sichuan pepper, green onions, ginger, garlic.

Characteristic flavors: fragrant and spicy, salty-umami, slightly sweet and sour.

Famous dishes: Chicken cubes with seared chilies, Scallops with seared chilies, Tripe slices with seared chilies.

The umami spicy flavor

As an innovation in Sichuan cuisine, the umami spicy flavor has developed in the last few years.

Components: fresh xiaomila peppers, green chili peppers, green Sichuan pepper, cilantro, sesame paste.

Characteristic flavors: very spicy, unique umami and pepper flavor.

Uses: cold dishes.

Famous dishes: Rabbit with spicy dips.

The fragrant and spicy flavor

Components: *mala* flavor, scorched chili flavor, peanuts, sesame seeds.

Characteristic flavors: complex aroma.

Famous dishes: Fragrant and spicy rabbit, Fragrant and spicy duck feet, Fragrant and spicy goose wings.

The boozy and spicy flavor

This flavor can be outstanding; it has recently spread in Sichuan's freshwater fish dishes and it has become the most frequently used flavor for this type of dish.

Components: chopped chili peppers, mixed evenly with minced ginger and garlic, salt and baijiu, then sealed in a jar to ferment.

Uses: Freshwater fish dishes.

The mustard flavor

Components: Sichuan well salt, mustard, soy sauce, vinegar, MSG, sesame oil.

Characteristic flavors: salty, umami, sour, spicy, strong mustard flavor.

Famous dishes: Chicken strips with mustardy sauce, Duck feet with mustardy sauce, Scallops with mustardy sauce.

Cooking methods specific to Sichuan cuisine

Due to constant development and innovation in Sichuan cuisine, we were able to reach today's six major categories of dishes and a flavor system of over 4000 varieties of dishes. Not only does Sichuan cuisine employ cooking methods commonly used throughout China, but it has also created some unique ones. These cooking methods are the technical foundation for Sichuan cuisine to have its unique flavors and characteristics. Some of them are: small stir-frying (*xiaochao*), dry-frying (*ganbian*), dry-braising (*ganshao*), home-style braising (*jiachang shao*), shallow-frying (*jian*), deep-frying (*zha*), smoking (*xun*), pickling (*pao*), simmering (*dun*), smothering (*men*), braising (*hui*), and quick-frying (*bao*). There are approximately 40 cooking methods in Sichuan cuisine, and the most commonly used ones are small stir-frying, dry-frying, dry-braising, and home-style braising, which are also the biggest contribution that Sichuan cuisine has made to Chinese cuisine.

Dry-braising (*ganshao*)

Dry-braising involves using high heat at first, and then medium or low heat to let the food fully cook. Braising can be classified based on 3 different aspects: whether the ingredients involved are raw or cooked, the color (red-braising and white-braising), and the most prominent seasoning (fermented sauce, green onions).

Dry-braising is a braising method only used in Sichuan; it is basically a liquid braising, which involves cooking on medium heat until the liquid is either absorbed by the ingredients or condenses on top of them. In order to master this method, two main points need to be understood: slow braising over medium heat, without being impatient, and

letting the sauce reduce naturally instead of by using starches. Some famous dishes are Dry-braised shark fin, Dry-braised deer tendon, Dry-braised rock carp, and Dry-braised crucian carp.

Small stir-frying (*xiaochao*)

On a national scale, there are many different methods of stir-frying, such as raw stir-frying (*shengchao*), cooked stir-frying (*shuchao*), clear stir-frying (*qingchao*), water stir-frying (*shuichao*), dry stir-frying (*ganchao*), soft stir-frying (*ruanchao*), moist stir-frying (*shichao*), push stir-frying (*tuichao*), slippery stir-frying (*huachao*), mixed stir-frying (*zhuachao*), and charred stir-frying (*jiaochao*).

Small stir-frying, just like other stir-frying methods, has its own characteristics: coating the raw ingredients in starch or batter, using high heat and heating the oil first, stir-frying the main ingredients until they separate, adding the other ingredients, and finally rapidly cooking the sauce until it's evenly distributed. Sichuan chefs usually summarize this method with the phrase "little oil, no wok changing, adding sauce at the end, quick stir-frying on high heat, using just one wok to prepare the dish". The key to controlling the heat in small stir-frying is in the word "quick"; turn on the heat in advance, prepare all the ingredients in advance, prepare all the seasonings in advance, toss the ingredients in the wok only a few times, pour and toss the sauce in the wok and then immediately take it off the heat.

Pickling (*pao*)

Pickling is a cooking method that involves soaking the raw ingredients into a solution of salt, Sichuan pepper, liquor, and cold boiled water in a jar. It makes use of organic chemical compounds such as lactic acid that are naturally produced in brine to preserve and enhance the flavor and the fragrance. Pickling was originally a way for families in Sichuan to pickle fresh and crisp vegetables, and it later started being commonly used by chefs in restaurants who improved this method and gave it a new use. Because of this, a series of new dishes widely enjoyed was invented. Some of them are: Chicken feet with

mountain chili peppers, Pickled vegetables and meat, Secret recipe for more and more fragrance, Pickled sweet ginger, and Pickled sweet garlic.

Boiling (*shuizhu*)

Boiling is a cooking method that involves putting raw ingredients, either cut or whole, or previously processed semi-cooked ingredients into a pot of broth or water on high heat, and then lowering the heat to low when the liquid starts boiling. Dishes can be prepared with this method alone, and it's commonly used in soups that involve vegetables, soy products, and eggs. It has a fresh and clean flavor, it makes big quantities, it doesn't use thickeners, and it can be used to make both soups and dishes. Sichuan style boiling was invented in Zigong by salt miners. It is said that, during the Qingli period (1041-1048) of the Northern Song Dynasty (960-1126), in Fushun and Rongxian, when the bulls that transported the cart of well salt died, salt miners used to eat boiled beef seasoned with salt and Sichuan pepper. Nowadays, Zigong and Sichuan boiled dishes are famous all over the world, and boiling has become a cooking method unique to Sichuan cuisine. Famous dishes are: Boiled beef slices in a fiery sauce, Boiled fish in hot chili oil, Boiled bullfrog in hot chili oil, and Boiled squab breast.

Dry-frying (*ganbian*)

Dry-frying is the most characteristic cooking method in Sichuan cuisine. It involves using medium heat to cook ingredients cut into slivers or strips, and continuously tossing them to stir-fry with little oil in the wok until they are slightly dehydrated and fragrant. The beauty of this cooking method is that, whether it involves meat or fish (squid, eel, or beef) or vegetables (radish, winter bamboo shoots, soybean sprouts), the dish will have a crisp yet soft and dry aroma. The process of dry-frying involves turning the raw ingredients into cooked, then into crispy, then into soft, and finally blending the two, achieving softness in the crispiness and crispiness in the softness.

This cooking method is the best way to test how good the chef is at controlling the heat.

Steamed chicken

Ingredients:

- 1 whole chicken
- Toasted sesame seeds, to taste
- 10g salt
- 5ml chili oil
- A few roughly chopped green onions
- A few slices of ginger
- A few pods star anise
- A little Sichuan pepper
- Some black pepper
- A little Shaoxing wine (can be substituted with dry sherry)
- Some peanut butter
- A little sugar
- Some minced garlic
- Some soy sauce
- A little MSG
- A little mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- A little Sichuan pepper oil

Steps:

1) Rinse the chicken, blanch in boiling water to remove thin blood, then soak in cold water for 10 minutes and drain.
2) Put the chicken in a bowl and marinate for 2 hours with star anise, Sichuan pepper, ginger, green onions, black pepper, Shaoxing wine, salt, and some water. Rinse again with water and put it in the steamer to steam for 20 minutes. Remove and let cool, then put away in the refrigerator.
3) When it's time to eat, take the chicken out of the refrigerator, slice into large strips and mix with chili oil, peanut butter, sugar, minced garlic, soy sauce, MSG, mature vinegar and Sichuan pepper oil until well combined. Finally, sprinkle some sesame seeds on top.

Guaiwei beef

Ingredients:

- 500g beef
- A few toasted white sesame seeds
- 10g sugar
- 10ml mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- 3ml chili oil
- 3ml Shaoxing wine (can be substituted with dry sherry)
- 3g doubanjiang
- 3g Lao Gan Ma preserved black beans in chili oil
- 3g sesame paste (can be substituted with tahini)
- 3g ground Sichuan pepper
- 3g Sichuan pepper oil
- 3ml sesame oil
- A little clear stock
- A little red spiced broth (usually from pork bones)
- Neutral oil (for frying)

Steps:

1) Rinse the beef, slice into 4 big chunks, then blanch in boiling water to remove the thin blood.
2) Stew on low heat in the red spiced broth until it is almost cooked (about 80% done), remove and let cool, then slice into 1,5cm^2 squares.
3) Heat up the wok, add neutral oil and heat it, add chunks of beef and deep-fry over low heat until dry, then remove.
4) Strain the oil leaving some in the wok and heat it again.
5) Add doubanjiang and stir-fry until fragrant.
6) Add beef, then clear stock, then Shaoxing wine, sugar, mature vinegar, and braise until it reduces.
7) Add preserved black beans, sesame paste, ground Sichuan pepper, chili oil, sesame oil, sesame seeds, and braise while stirring until well-combined; remove from the flame and let it cool, then serve.

Drunk shrimp

Ingredients:

- 500g fresh Jinga shrimp (can be substituted with any type of shrimp)
- 5g minced ginger
- 100ml baijiu
- 10ml mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- 3g salt
- A little sesame oil
- A little MSG

Steps:

1) Rinse the shrimps, put into a glass container, pour the baijiu, cover immediately with a lid and shake a few times, then rest for 5 minutes.
2) To make the sauce, mix sesame oil, mature vinegar, minced ginger, MSG, and salt until combined.
3) Dip the shrimp in the sauce to eat it.

Beef in chili sauce

Ingredients:

- 50g stewed beef heart
- 50g stewed ox tongue
- 50g stewed beef honeycomb tripe
- 50g stewed beef
- 50g beef tripe
- 10g toasted peanut shavings
- 5g toasted white sesame seeds
- 5g minced garlic
- 5g Lao Gan Ma preserved black beans in chili oil
- 5ml Sichuan pepper oil
- 3g ground black pepper
- 3ml mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- 3ml sesame oil
- 3g MSG
- 3g chicken bouillon powder
- A little salt
- A little sugar
- A little baijiu
- A little red spiced broth
- 10ml neutral oil

Steps:

1) Clean the heart, tongue, honeycomb tripe and beef, then slice into strips.
2) Clean the beef tripe and blanch in boiling water. Remove, rinse, and slice into strips.
3) Put the heart, tongue, honeycomb tripe, beef, and tripe in a container. Then add neutral oil, Sichuan pepper oil, preserved black beans, minced garlic, ground black pepper, mature vinegar, sesame oil, MSG, chicken bouillon powder, salt, sugar, baijiu, red spiced broth and mix evenly.
4) Arrange on a plate, sprinkle toasted peanut shavings and toasted white sesame seeds on top and serve.

Tangerine peel rabbit

Ingredients:

- 1 clean rabbit (about 1,5kg)
- A little tangerine peel
- 5g chopped green onions
- 5g minced ginger
- 10ml Shaoxing wine (can be substituted with dry sherry)
- 5ml caramel
- A few dried chili peppers
- A little Sichuan pepper
- A little ground Sichuan pepper
- A little salt
- A little MSG
- A little black pepper
- Some stock
- Neutral oil (for frying)

Steps:

1) Rinse the rabbit and chop into small chunks, then marinate for 2 hours with ground Sichuan pepper, green onions, ginger, Shaoxing wine, salt, MSG, and black pepper.
2) Heat up a wok, add oil and heat it until medium high (60%), add rabbit and deep-fry until golden, then remove.
3) Strain the oil, leaving a little in the wok, then heat it.
4) Add dried chili peppers, tangerine peel, Sichuan pepper, and stir-fry until fragrant.
5) Add caramel, Shaoxing wine and stock, then add rabbit and let the sauce reduce over low heat.
6) Remove and serve on a plate.

Salty braised pork belly

Ingredients:

- 750g pork belly (skin on)
- 200g Sichuan yacai (can be substituted with other pickled vegetables)
- A few garlic scapes
- 10g doubanjiang
- A few roughly chopped green onions
- A few slices of ginger
- A little soy sauce
- A little honey
- A little sugar
- A little MSG
- A few pods of star anise
- A little Sichuan pepper
- Neutral oil (for frying)

Steps:

1) Wash the yacai and garlic scapes and slice into short segments.
2) Clean the pork belly, roast on high heat until the skin starts to char, then place in warm water and scrape it.
3) Pour fresh water in the wok, add the pork and boil until 80% cooked, then remove and spread soy sauce and honey over it while it's hot.
4) Heat up the wok, add oil and heat it until rippling hot (80%). Add pork belly and deep-fry until golden, then remove from the oil. Let cool, then slice into large strips with the skin facing down and place in a bowl.
5) Strain the oil, leaving a little in the wok and heat it; add yacai and doubanjiang first and stir-fry until fragrant.
6) Add garlic scapes and briefly stir-fry, then pour into the bowl filled with the pork belly, and add soy sauce, sugar, MSG, ginger, star anise, Sichuan pepper, and green onions.
7) Cover with tin foil and steam for 2 hours.
8) After removing, flip over the bowl, and serve on a plate.

Fried pork ribs with leeks

Ingredients:

- 1kg pork ribs
- 120g leeks
- A few jujube fruits (also known as red dates or Chinese dates) (can be substituted with regular dates)
- 20g ginger
- 20g garlic
- 10g salt
- 10ml dark soy sauce
- 20g MSG
- 20g chicken bouillon powder
- 30ml Shaoxing wine (can be substituted with dry sherry)
- A little black cardamom
- A few tangerine peels
- A little licorice root
- A few bay leaves
- Starch and water mixture
- 1kg neutral oil

Steps:

1) Wash the leeks, ginger, and garlic separately, then slice the leeks into segments, and the ginger and garlic into strips.
2) Wash the pork ribs, slice into 8cm long pieces, then blanch in hot water.
3) Add water to the wok, then pork ribs, then 20g of leeks, ginger, garlic, salt, dark soy sauce, MSG, chicken bouillon powder, Shaoxing wine, black cardamom, tangerine peel, licorice root, bay leaf, jujube fruit and simmer for 1 hour. When fully cooked, remove the pork ribs and drain excess moisture.
4) Heat up the wok, add oil and heat it; add remaining leeks and deep-fry until golden, then drain and place on a plate.
5) Wait until the oil becomes rippling hot (80%), add pork ribs and deep-fry for 3 minutes, then remove and place on top of the leeks to serve.

Beef with doubanjiang

Ingredients:

- 500g beef
- 25g strips of green pepper
- 25g strips of red pepper
- 30g doubanjiang
- 1 egg
- A little ground black pepper
- A little light soy sauce
- A little MSG
- A little cornstarch

- A few chopped green onions
- A little sliced ginger
- A little sliced garlic
- A little Shaoxing wine (can be substituted with dry sherry)
- A little salt
- 100g alkaline water
- 750g neutral oil.

Steps:

1) Remove the fascia (the tough, white sometimes clear fibers) from the beef, wash, then cut into thick strips and marinate with alkaline water for 5 minutes; then rinse with fresh water and drain.
2) Mix egg whites, black pepper, light soy sauce, MSG, and cornstarch in a bowl until well combined, then add beef and stir until evenly mixed.
3) Heat up the wok, add oil and heat until medium low (40%). Add beef and stir-fry for 2 minutes, then remove.
4) Drain oil, leaving a little in the wok, then heat it; add green onions, ginger, garlic, and doubanjiang and stir-fry until fragrant.
5) Add Shaoxing wine and let cook off.
6) Add again the beef, green and red peppers and stir-fry for 2 minutes. Then, add salt and MSG to adjust the flavor.
7) Add the starch and water mixture to thicken the sauce, then drizzle in some cooked oil. Remove and serve on a plate.

Beef with Chinese broccoli in oyster sauce

Ingredients:

- 300g beef tenderloin
- 100g Chinese broccoli
- A few chopped green onions
- A little minced ginger
- A little minced garlic

- 15ml oyster sauce
- 15g sugar
- 15g starch
- Neutral oil

Steps:

1) Remove the fascia from the tenderloin, rinse, then slice into thin strips and place in a bowl. Marinate with oyster sauce, sugar and starch for 10 minutes.
2) Wash the Chinese broccoli and slice into long segments.
3) Heat up the wok, add a thin layer of oil and heat it; add Chinese broccoli and stir-fry until fully cooked, then transfer to a plate.
4) Leave some oil in the wok, heat it, then add green onions, ginger, garlic and quick-fry until fragrant.
5) Add beef and stir-fry quickly until fully cooked.
6) Remove, place on top of the Chinese broccoli and serve.

Stir-fried pork tripe with garlic

Ingredients:

- 500g pork tripe
- 50g garlic scapes
- 15g green peppers
- 15g red peppers
- 5g salt
- 5g ground black pepper
- 3g MSG
- 3g sugar
- 15ml Shaoxing wine (can be substituted with dry sherry)
- 25g starch and water mixture
- 150g clear stock
- Neutral oil

Steps:

1) Wash the garlic scapes and cut into segments.
2) Remove the stem and seeds of the peppers, then wash and slice into strips.
3) Remove the external layer of the garlic scapes and wash.
4) Rinse the pork tripe, add to the wok and boil until soft (about 1,5 hours). Drain and let cool, then slice into wide strips.
5) Heat up the wok, add a little oil and heat until medium high (60%). First, add garlic scapes and stir-fry until fragrant, then add the tripe strips.
6) Add Shaoxing wine and let cook off.
7) Add clear stock, then salt, ground black pepper, and sugar and stir-fry on low heat for 2 minutes.
8) Add MSG to adjust the flavor, then add the mixture of starch and water to thicken the sauce. Then serve.

Tips:

- Stir-fry over high heat until well combined to enhance the flavor.
- Add garlic scapes right before serving to enhance the flavor.

Yuxiang pork strips

Ingredients:

- 250g pork strips
- 100g sliced dried bamboo shoots
- 30g soaked wood ear mushroom (can be substituted with shiitake mushrooms)
- 25g chopped pickled red peppers
- strips of ginger (to taste)
- Minced garlic (to taste)

- Baoning vinegar (to taste) (can be substituted with Chinese black vinegar)
- Soy sauce (to taste)
- Sugar (to taste)
- Starch and water mixture (to taste)
- 50g clear stock
- 100g rendered lard

Steps:

1) Place the pork strips into a bowl, add a pinch of salt and the starch and water mixture and mix until well combined.
2) Wash the bamboo shoots and mushrooms, then slice into strips.
3) Heat up the wok, add the rendered lard and heat until medium high (60%). Then add ginger, garlic, (pickled) red peppers and stir-fry over high heat to bring out the fragrant and spicy flavor.
4) Add the pork and stir-fry until it doesn't stick together.
5) Add bamboo shoots and mushrooms and briefly stir-fry.
6) Add sugar, Baoning vinegar, soy sauce, green onions and stir-fry until well combined.
7) Pour in the clear stock, then the starch and water mixture to thicken the sauce, then serve on a plate.

Tip: remember to stir-fry evenly and with quick movements after adding the condiments.

Deep-fried prawns with five-flavor sauce

Ingredients:

- 350g prawns
- 200g starch
- 200g five-flavor sauce
- 2kg lard (about 1,85kg will be leftover)

Steps:

1) Rinse the prawns, then slice open on the back, remove the vein, flatten with the back of the knife and evenly coat with starch.
2) Heat up the wok, add the lard and heat until medium high (60%). Add the prawns and deep-fry until crispy outside and tender inside, then remove and drain excess lard.
3) Arrange on a plate and drizzle with five-flavor sauce, then serve.

Tip: when deep-frying the prawn, deep-fry in warm oil until fully cooked first, then fry again in hot oil until crispy.

Braised carp with doubanjiang

Ingredients:

- 1 whole carp (about 750g).
- 50g chopped green onions
- 10g chopped ginger
- 30g minced garlic
- 40g doubanjiang
- 3g salt
- 10ml soy sauce
- 10g sugar
- 10ml rice vinegar
- 25ml Shaoxing wine (can be substituted with dry sherry)
- 15ml starch and water mixture
- 30g pork broth
- 500g neutral oil

Steps:

1) Clean the carp by removing the scales, gills, and internal organs. Then wash and drain excess water. Make two cuts on each side reaching the fishbones; then marinate with Shaoxing wine and salt for a short time.
2) Heat up the wok, add neutral oil and let it heat. Add the marinated carp and deep-fry until both sides are golden, then remove.
3) Strain excess oil, leaving only a small amount in the wok, heat it, then add doubanjiang, ginger and garlic and stir-fry until it becomes red.
4) Add again the carp along with the broth and bring to a boil, then turn the heat to low.
5) After that, add soy sauce and sugar and braise until the fish is fully cooked, then remove the carp only and arrange on a plate.
6) Pour some rice vinegar and sprinkle some green onions on top.
7) Add the starch and water mixture into the sauce that remained in the wok to thicken it, then pour evenly on top of the carp and serve.

Steamed turbot with three peppers

Ingredients:

- 1 whole turbot
- 20g chopped wild mountain chili peppers
- 20g chopped xiaomila peppers
- 20g chopped Hangzhou chili peppers
- 5g salt
- 5g MSG
- 5g chicken bouillon powder
- 5g ground black pepper
- 5ml Maggi seasoning soy sauce
- 10ml Premium Yipinxian soy sauce (can be substituted with dark soy sauce)
- Neutral oil

Steps:

1) Rinse the turbot, cut diagonally so as to create a grid-like pattern on top, put aside in a dish.
2) Heat up a wok, add oil and heat it.
3) First, add the wild mountain chili peppers and stir-fry until fragrant, then add salt, MSG, chicken bouillon powder, black pepper and stir-fry until well combined. Then, pour on top of the turbot.
4) Place the fish in a steamer and steam until fully cooked, then remove and set aside.
5) Heat up some oil in the wok, add xiaomila peppers and Hangzhou chili peppers and stir-fry until fragrant.
6) Pour the peppers mixture over the turbot. Serve while hot.

Tips:

- Scald in boiling water for a fresher and more fragrant result.
- It is recommended to add boiling water mixed with Shaoxing wine, ginger and green onions when pouring the peppers mixture on top of the turbot.

Stir-fried mala shrimp

Ingredients:

- 500g Jinga shrimp (can be substituted with any type of shrimp)
- 50g dried red peppers.
- 5g chopped green onions
- 5g ginger strips
- 5g Sichuan pepper

- 3g salt
- 5g MSG
- 10ml Shaoxing wine (can be substituted with dry sherry)
- 50g chili oil
- 1kg neutral oil (900g will be leftover)

Steps:

1) Wash the Jinga shrimp, slice the back and remove the vein, then place in a bowl. Marinate with ginger, green onions, salt, MSG, and Shaoxing wine for 30 minutes.
2) Heat up the wok, add neutral oil and heat until rippling hot (80%). Add shrimp and deep-fry until crispy outside and tender inside, then remove and strain remaining oil.
3) Add a little chili oil to the wok and heat it. Then add chili peppers, Sichuan pepper, and shrimp and stir-fry until well combined (about 2 minutes). Remove and serve on a plate.

Tips:

- Ensure that the marinate evenly coats the shrimp.
- Make sure to deep-fry over high heat with hot oil for a crispier result.

Duck with ginger on cast iron

Ingredients:

- 300g duck
- Some chopped pickled peppers
- 100g strips of ginger
- 50g chunks of ginger
- 15g roughly chopped green onions
- A little Shaoxing wine (can be substituted with dry sherry)
- A little doubanjiang
- A little sugar
- A little MSG
- A little 13 spices mix
- A little sesame oil
- 100g chicken and pork stock
- Neutral oil (for frying)

Steps:

1) Rinse the duck and chop into small chunks.
2) Heat up a wok, add oil and let heat up, then add the duck and deep-fry until the skin is stretched. Remove and strain remaining oil.
3) Heat up a wok, add oil and heat it, then add ginger, green onions, doubanjiang, and pickled peppers first and stir-fry until fragrant.
4) Add Shaoxing wine and let cook off.
5) Add stock, sugar, spice mix, duck chunks and stew until the sauce is flavorful and has reduced; then add MSG and sesame oil and stir-fry until combined.
6) Warm a cast iron on low heat, pour some oil and stir-fry ginger strips until fragrant.
7) Deep-fry the duck chunks again in warm oil to add color.
8) Then pour on the cast iron and serve.

Tip: serve quickly for a tastier dish.

Kung Pao chicken

Ingredients:

- 200g chicken thigh
- 75g strips of soaked dried bamboo shoots
- 5g dried red peppers
- 30g peanuts
- 3g chopped green onions
- 3g minced ginger
- 10g minced garlic
- 3g salt
- 3g sugar
- 3g MSG
- 5ml sesame oil
- 5g Sichuan pepper
- 10ml Shaoxing wine (can be substituted with dry sherry)
- 10ml starch and water mixture
- 20ml soy sauce
- 20ml Baoning vinegar (can be substituted with Chinese black vinegar)
- 1 egg white
- 25g clear stock
- 100g rendered lard

Steps:

1) Wash and dice the bamboo shoots.
2) Remove the stem and seeds from the dried peppers, then slice into 2cm long strips.
3) Remove the skin from the chicken thigh; then, using the back of the knife, strike repeatedly to tenderize it and then cut into 1cm^2 squares.
4) Place in a bowl, add salt, soy sauce, starch and water mixture, Shaoxing wine, egg white and mix until well combined.
5) Heat up a wok, add lard and heat until rippling hot (80%); then add red peppers and Sichuan pepper first and stir-fry quickly until it turns red.
6) Add chicken and stir-fry until it turns a brownish red.
7) Add peanuts and stir-fry until it no longer sticks together.
8) Add bamboo shoots and stir-fry quickly, then add ginger, garlic and green onions and stir-fry until fragrant, then remove from the wok. DO NOT leave out for too long, or they will lose crispiness and tenderness.
9) Finally, add peanuts, sugar, Baoning vinegar, soy sauce, MSG, clear stock and braise until tasty.
10) Drizzle sesame oil and stir until well combined, then serve.

Three color steamed eggs

Ingredients:

- 2 duck eggs
- 2 century eggs
- 4 chicken eggs
- A few chopped green onions
- A little minced ginger

- A little ground black pepper
- A little salt
- A little MSG
- A little lard

Steps:

1) Boil the duck eggs, then peel, remove the yolk and dice.
2) Peel the century egg, rinse, then dice.
3) Beat the chicken eggs in a bowl, add some warm water.
4) Add the diced duck egg yolk and century egg, then add green onions, ginger, black pepper, salt, MSG, and lard and mix until well combined.
5) Steam over medium heat for 8 minutes. Remove, then serve.

Tip: be gentle while stirring the egg mixture to avoid creating too many bubbles. They will not dissolve while steaming.

Mapo tofu

Ingredients:

- 1 block of tofu (about 750g)
- 50g beef
- 10g diced green onions
- 5g minced green onions
- 5g minced ginger
- Some ground black pepper
- A little sugar
- 3g salt
- 3g MSG
- 3ml sesame oil
- 20ml Shaoxing wine (can be substituted with dry sherry)
- 5g ground Sichuan pepper
- 10ml soy sauce
- 25g doubanjiang
- 25g starch and water mixture
- 50g lard
- 500g pork broth

Steps:

1) Wash the tofu and cut into 1cm cubes, then boil in salted water for 3 minutes and drain.
2) Wash the beef and cut into small cubes.
3) To make the sauce, mince the doubanjiang, then mix with soy sauce, black pepper, sugar, MSG, sesame oil, starch and water mixture and an appropriate amount of broth.
4) Heat up the wok, add lard and heat until rippling hot. First, stir-fry the beef until it no longer sticks together; then, add green onions, ginger and doubanjiang and stir-fry until fragrant.
5) Add Shaoxing wine and let cook off.
6) Add broth and then tofu, simmer for 10 minutes over low heat until the broth thickens.
7) Pour the sauce over the meat and mix until well combined.
8) Arrange on a plate and pour a small amount of Sichuan pepper sauce (it should cover about 70%/80% of the tofu).
9) Add some ground Sichuan pepper and diced green onions, then serve.

Tip: when cooking tofu, heat oil in a clean wok until it's boiling, then reduce the heat to low.

Dry-fried shredded potatoes

Ingredients:

- 500g potatoes
- 50g chopped cilantro
- 10g sliced dried chili peppers
- A few chopped green onions
- A little shredded ginger
- A little salt
- A little chicken bouillon powder
- 5g MSG
- 5g sugar
- 5g Sichuan pepper
- A little mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- Neutral oil (for frying)

Steps:

1) Peel the potatoes, wash and shred into wide strips.
2) Heat up a wok, add oil and heat until very hot (70%).
3) Add potatoes and deep-fry until golden, then remove.
4) Drain remaining oil, leaving some in the wok, heat it; add dried chili peppers and garlic first and stir-fry until fragrant.
5) Soak the potatoes in water to reduce internal heat, then stir-fry for 2 minutes; then add salt, sugar and MSG.
6) Sprinkle cilantro on top, drizzle Sichuan pepper oil, sesame oil and add some starch.
7) Deep-fry again on high heat until golden, then serve.

Ants climbing a tree

Ingredients:

- 750g soaked sweet potato noodles
- 150g pork belly
- 50g garlic scapes.
- 3g chopped green onions
- 3g minced ginger
- 3g ground black pepper

- 3g MSG
- 10ml soy sauce
- 10ml sesame oil
- 30g doubanjiang
- 30g lard
- 400g pork broth

Steps:

1) Wash the pork belly and cut into small cubes.
2) Mince the doubanjiang.
3) Rinse the garlic scapes, then cut into long segments.
4) Rinse the sweet potato noodles.
5) Heat up the wok, add the lard and heat up until rippling hot (80%).
6) First, add the pork and stir-fry until slightly charred and dry; then, add doubanjiang, green onions, ginger and stir-fry until fragrant.
7) Add Shaoxing wine and let cook off.
8) Add broth and simmer over low heat until thickened.
9) Add sweet potato noodles, then black pepper, soy sauce, MSG and quickly stir-fry until well combined.
10) Finally, add garlic scapes and drizzle sesame oil. Stir until well combined and serve.

Tip: It's best to deep-fry the sweet potato noodles in a wok filled with warm oil, remove and drain the oil, then stir-fry the meat and seasonings over low heat until dry. This can make the meat stick more easily to the noodles.

Beef soup

Ingredients:

- 1kg beef
- 10g cilantro
- 10g roughly chopped green onions
- 10g ginger strips
- 50g Shaoxing wine (can be substituted with dry sherry)
- A little salt
- A little MSG
- A few pods star anise
- A little Chinese cinnamon
- A little aromatic ginger
- A few bay leaves
- A little Sichuan pepper

Steps:

1) Remove the fascia from the beef and wash, then cut into chunks.
2) Rinse under running water for 2 hours to remove the thin blood, then drain.
3) Wash and cut the cilantro.
4) Heat up the wok, add some water, then green onions, ginger, star anise, Chinese cinnamon, aromatic ginger, bay leaves, Sichuan pepper, and beef and bring to a boil (the water shouldn't have any salt nor MSG in it).
5) Stew for 10 minutes on low heat until flavorful while skimming any impurities (foam).
6) Add Shaoxing wine and simmer for 2 hours.
7) Sprinkle cilantro on top and adjust seasonings before removing; then pour in a bowl and serve.

Nourishing mushroom soup

Ingredients:

- o 50g straw mushroom
- o 50g white beech mushroom
- o 50g slippery jack mushroom
- o 50g St. George's mushroom
- o 50g shiitake mushroom
- o 5g wolfberry
- o 3g ginseng slices
- o 3g chopped green onions
- o 3g ginger strips
- o 3g salt
- o 3g chicken bouillon powder
- o A little ground black pepper
- o 500g chicken stock
- o 5ml mushroom extract
- o 15g chicken fat

Steps:

1) Remove the stem of all the mushrooms, then clean and cut into small pieces; blanch in boiling water, then remove and drain.
2) Wash the wolfberry.
3) Heat up a wok, add chicken fat and heat it; add chopped green onions and ginger and stir-fry until fragrant.
4) Add the mushrooms and stir-fry evenly.
5) Pour chicken stock, then add wolfberry, ginseng, salt, chicken bouillon powder and bring to a boil, then turn the heat to low and simmer for 15 minutes.
6) Add black pepper and stir, then serve in a bowl.

Tips:

- Make sure that all the mushrooms are clean.
- Stir-fry on low heat until fragrant, then turn the heat up to high when adding the chicken stock.
- Cover with a lid while simmering.

Mala soup

Ingredients:

- Hotpot seasoning
- Meat skewers
- Vegetable skewers
- 3g salt
- 5g ground black pepper
- 3g chicken bouillon powder
- 3g MSG
- 1,5kg chicken and pork stock

Steps:

1) Heat up the stock and hotpot seasoning in a wok and bring to a boil.
2) Add salt, black pepper, chicken bouillon powder, MSG and stir to combine.
3) Serve with meat and vegetable skewers.
4) Place the skewers in the wok and boil for 2 minutes until fully cooked; then remove and enjoy.

Tips:

- Cook well the soup.
- Be careful not to overcook the skewers.

Dumplings in chili oil

Ingredients:

- 500g flour
- 500g ground pork.
- 50g chopped green onions
- 50g minced garlic
- A little ginger
- 75g soy sauce
- 15g sugar

- 3g salt
- 3g Sichuan pepper
- 3g ground black pepper
- 10g MSG
- 1 egg
- 100g chili oil

Steps:

To make the dough:

1) Mix and knead the flour with an appropriate amount of water (about 250g, add more if needed) until it forms a dough, then rest for a while (about 1 hour).
2) Roll into thick strips, then cut small pieces (about 6g each).
3) Roll out in a circle to create the wrapper.

To make the Sichuan pepper water:

4) Smack the ginger with the knife to loosen it, then put into the wok with an appropriate amount of water and Sichuan pepper, bring to a boil and simmer until flavorful.

To make the filling:

5) Add black pepper, MSG, salt and egg to the ground pork and mix until firm, then add minced ginger, Sichuan pepper water and stir until well combined.

To make the dumplings:

6) Place the filling into the wrapper, then pinch the edges to seal the dumpling.
7) Pour water in a wok and bring to a boil.
8) Add the dumplings, stir gently.
9) When the water starts boiling again, add cold water; repeat 3 times until fully cooked; then drain and place in a small bowl.
10) Add soy sauce, chili oil, sugar, MSG, minced garlic and mix until well combined, then serve.

Tip: Use pork belly as the ground pork for the filling; first, cut it into small pieces, then chop it into a fine paste; mix with salt, egg, and Sichuan pepper water until firm.

Dan dan noodles

Ingredients:

- 100g chopped pea shoots
- 100g chopped yacai (can be substituted with other pickled vegetables)
- 50g chopped zha cai (pickled mustard tuber, also called Sichuan preserved vegetable or Chinese pickled vegetable)
- chopped green onions (to taste)
- Minced ginger
- 30g doubanjiang
- 30ml sesame oil
- 15g MSG
- 15ml soy sauce
- 15ml Sichuan pepper oil
- 50g sesame paste (can be substituted with tahini)
- 5g salt
- 500g flour
- 750g chicken stock
- 30ml neutral oil

Steps:

1) Dilute the sesame paste with water.
2) Mix the flour with water (about 250-300g) and knead until it becomes a dough.
3) Roll until very thin, then cut into noodles; boil, then transfer to a bowl.
4) Wash and chop the yacai and the zha cai.
5) Heat up a wok, add oil and heat it; add zha cai, yacai, doubanjiang, sesame oil, soy sauce, sesame paste, salt, MSG, Sichuan pepper oil, chopped green onions, and ginger and stir-fry on high heat until fragrant.
6) Add chicken stock and bring to a boil, then add pea shoots and scald quickly.
7) Place on top of the noodles, then serve.

Tip: for additional flavor, cook the noodles in the chicken broth.

Chicken, prawn and sea cucumber baozi

Ingredients:

- 500g flour
- 200g ground pork
- 100g soaked sea cucumber (can be substituted with shellfish, such as squid, octopus or shrimp)
- 50g prawn
- 50g chicken
- 30g chopped green onions
- 10g minced ginger
- 8g salt
- 4 s 20g MSG
- 5g sugar
- 5g ground black pepper
- 15ml soy sauce
- 45ml sesame oil
- Dry yeast
- 30g lard

Steps:

To make the filling:

1) Remove the fascia from the chicken, wash and mince.
2) Peel the prawn and remove the vein, wash and slice finely.
3) Rinse the sea cucumber and slice finely.
4) Put the minced chicken in a bowl, add salt, soy sauce and a little water and mix in one direction until firm.
5) Add (in order) prawn, sea cucumber, MSG, sugar, black pepper, sesame oil, lard, green onions and ginger, and mix until well combined.

To make the baozi:

6) Mix flour, yeast and water and knead until it becomes a dough, then let rest (45 minutes).
7) Take 20g per portion and wrap around the filling, shaping into round dumplings with pleats.
8) Then place it in the steamer tiers. Steam on high heat for 10-20 minutes, then remove and serve.

Tip: The three delicacies (chicken, prawn and sea cucumber) must be mixed until well combined, and the later added green onions, ginger and sesame oil must be mixed well.

Sichuan style cold noodles

Ingredients:

- 500g fresh noodles
- 150g bean sprouts
- 5g toasted sesame seeds
- 2 s 10g minced garlic
- 3g ground Sichuan pepper
- 3ml sesame oil
- 45ml soy sauce
- 5g sugar
- 5ml rice vinegar
- 30g sesame paste (it can be substitute with tahini)
- 30ml chili oil
- 30g chili powder

Steps:

1) Cook the noodles in boiling water, then drain and rinse.
2) Remove the thread at the end of the bean sprouts and rinse; blanch in boiling water, then drain and place in a bowl with the noodles.
3) Mix minced garlic, Sichuan pepper, sugar, rice vinegar, soy sauce, sesame paste, then pour on top of the noodles.
4) Mix oil, chili oil and chili powder in a small bowl until well combined, then evenly drizzle on top of the noodles. Mix until well combined, then serve.

3. Translational commentary

This chapter consists of a translational commentary of extracts of the text 经典川菜教室 (A Course on Sichuan Cuisine), written by 张奔腾 (Zhang Benteng). Firstly, the macro features of both the source and target text will be examined, such as textual function, target reader, and main aspect. Secondly, there will be an explanation of the macrostrategy adopted for the translation, and, finally, there will be a detailed analysis of the microstrategies employed in the translation project. They will be divided into sections that focus on the characteristics analyzed in chapter 1, e.g. structure and layout, lexical aspects, and syntactic features, as well as features were not mentioned previously, such as cultural factors. All of the strategies implemented will be followed by examples extracted from the text, showing both the Chinese and English text, and occasionally highlighting the specific segments that are to be taken into consideration.

3.1. Textual function

The source text has two main functions: informative and instrumental. The first part of the text, which is the subchapter 川菜概述 (Overview of Sichuan Cuisine), comprises an excursus of the styles, flavors, and cooking techniques specific to Sichuan cuisine. This part of the text has a predominant informative function, with an educational subfunction, because it explains in detail the particularities of Sichuan cuisine, providing information and educating the reader on the matter. The second part of the source text, e.g. the recipes, has an instrumental function, as it instructs the reader on how to prepare the different dishes. Both these functions were maintained in the target text.

3.2. Target reader

The target reader of the source text is a Chinese person, or a person who is well versed in the Chinese language, who is passionate about and has considerable experience in cooking. This can be inferred from the fact that the recipes are written concisely, with the use of numerous and varied technical terms, only providing essential information and directions. Additionally, the reader is expected to have the ability and knowledge to reproduce them, extrapolating numerous details from the recipe. However, the target audience of the source text is not familiar with Sichuan cuisine in particular. This can be inferred from the existence of the first section of the text, since it explains in great detail the history, flavors, cooking methods, and peculiarities of Sichuan cuisine.

The target reader of the target text is a person who doesn't reside in China, enjoys cooking, and has an interest in Chinese cuisine, but is not familiar with Sichuan cuisine specifically. Therefore, the reader knows technical terms tied to cooking and Chinese cuisine, but is not familiar with more specific terms associated with Sichuan cuisine. Additionally, the target reader of the target text is willing to learn about Sichuan culture in general, but in a passive way, while learning about Sichuan cuisine.

3.3. Main feature

The main feature of the source text is the extensive use of technical and specialized terms. These terms range from different semantic areas, while still revolving around the topic of food. This feature was maintained in the target text as well.

3.4. Macrostrategy

The macrostrategy employed in the translation of this text is predominantly domesticating. This approach was chosen in order to allow the reader to understand the target text without needing to necessarily research additional information on the subject, while also being able to look for explanations about the most frequently used terms in the target text itself, especially in the case of flavors and cooking techniques. Furthermore, this approach guided not only the linguistic choices, but also the ones revolving around the structure and layout of the text.

3.5. Microstrategies

3.5.1. Structure and layout

In order to properly analyze the source text, it needs to be divided into two sections. The first section consists of the chapter 川菜概述 (Overview of Sichuan Cuisine) and follows the typical structure of any informative text, i.e. a chapter in which the information given is divided into subchapters, each having its own title that reflects the topic of the paragraph. This structure was mostly maintained in the target text. The sole occasion in which the structure was changed is the description of the flavors of Sichuan cuisine. In order to enhance readability and to deliver the information more clearly and concisely, each paragraph regarding the flavors was divided into title, components, characteristic flavors, aftertastes, uses, and finally famous dishes.

麻辣味

麻辣味是以辣椒、花椒、麻椒、精盐、绍酒和味精等调制而成，为川菜中较为常见的味型，其特点为香辣咸鲜，回味略甜等，多用于冷、热菜肴，如"麻辣凤尾鱼""麻辣腰片""麻辣冬笋"等。

The *mala* flavor (numbingly hot)

The mala flavor is a common flavor in Sichuan.

Components: chili peppers, red and green Sichuan peppers, salt, Shaoxing wine, MSG.

Characteristic flavors: fragrant, spicy, salty, umami.

Aftertaste: sweet.

Uses: cold and hot dishes.

Famous dishes: Mala anchovies, Mala pork kidneys, Mala winter bamboo shoots.

The second section of the source text is composed of the recipes. This section follows the structural guidelines of the genre, dividing each text into title, ingredients, and main body. However, there are some peculiarities that differ from the common structure that was analyzed in chapter 1.4. It was chosen to make a few adjustments in order to enhance the readability of the text and adhere to the traditional structure of the genre in the target language. The peculiarities are the following:

- Each recipe divides the ingredients from the procedural steps, as typical of the genre. However, the list of ingredients is also divided into two separate sections, 原料 (ingredients) and 调料 (condiments). This division was not maintained in the target text, in which all of the ingredients were listed together.

原料：净仔鸡 1 只，熟芝麻适量。

调料：精盐 2 小匙,红油 1 小匙,葱段、姜片、八角、花椒、胡椒、绍酒、花生酱、白糖、蒜泥、酱油、味精、陈醋、花椒油各少许。

Ingredients:

- 1 whole chicken
- Toasted sesame seeds, to taste
- 10g salt
- 5ml chili oil
- A few roughly chopped green onions
- A few slices of ginger
- A few pods star anise
- A little Sichuan pepper
- Some black pepper
- A little Shaoxing wine (can be substituted with dry sherry)
- Some peanut butter
- A little sugar
- Some minced garlic
- Some soy sauce
- A little MSG
- A little mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- A little Sichuan pepper oil

- Additionally, the ingredients were listed in two columns using bullet points, without the use of additional punctuation, instead of being listed in a verbless and subjectless sentence-like list and joined by commas, as it was in the source text.

原料：净仔鸡 1 只，熟芝麻适量。

调料：精盐 2 小匙,红油 1 小匙,葱段、姜片、八角、花椒、胡椒、绍酒、花生酱、白糖、蒜泥、酱油、味精、陈醋、花椒油各少许。

Ingredients:

- 1 whole chicken
- Toasted sesame seeds, to taste
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- A few roughly chopped green onions
- A few slices of ginger
- A few pods star anise
- A little Sichuan pepper
- Some black pepper
- A little Shaoxing wine (can be substituted with dry sherry)
- Some peanut butter
- A little sugar
- Some minced garlic
- Some soy sauce
- A little MSG
- A little mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- A little Sichuan pepper oil

- In the source text, the main body of the recipes was listed in a single paragraph in which each clause that consisted of a step was preceded by a number. The target text comprises a numbered list divided into small paragraphs, in which each one consisted of a single step.

> 做法：1 将净仔鸡洗涤整理干净，下入沸水中焯除血水，再放入冷水中浸泡 10 分钟，捞出沥干备用。2 将净仔鸡放入盆中，加八角、花椒、姜片、葱段、胡椒、绍酒、精盐及适量清水腌制 2 小时，再用水冲洗干净，放入蒸锅蒸 20 分钟，取出晾凉，放入冰箱冷藏待用。3 食用时将仔鸡取出，切成大片，加入红油、花生酱、白糖、蒜泥、酱油、味精、陈醋、花椒油拌匀，再撒上熟芝麻即可。

> Steps:
>
> 4) Rinse the chicken, blanch in boiling water to remove thin blood, then soak in cold water for 10 minutes and drain.
> 5) Put the chicken in a bowl and marinate for 2 hours with star anise, Sichuan pepper, ginger, green onions, black pepper, Shaoxing wine, salt, and some water. Rinse again with water and put it in the steamer to steam for 20 minutes. Remove and let cool, then put away in the refrigerator.
> 6) When it's time to eat, take the chicken out of the refrigerator, slice into large strips and mix with chili oil, peanut butter, sugar, minced garlic, soy sauce, MSG, mature vinegar and Sichuan pepper oil until well combined. Finally, sprinkle some sesame seeds on top.

- Additionally, the steps included in the main part of the recipe were at times divided differently than in the source text. This occurred in cases in which the steps consisted of multiple actions or included the addition of multiple ingredients at different times.

做法：1 将牛肉洗涤整理干净，切成四大块，下入沸水中焯烫一下，去除血水，再放入红卤水中，小火卤至八分熟，捞出晾凉，切成1.5厘米见方的小块，然后再用沸水焯烫一下，捞出后沥干备用。2 坐锅点火，加入色拉油烧热，下入牛肉块小火炸干，捞出后沥油待用。3 锅中留少许底油烧热，先下入豆瓣煸出香味，再放入牛肉块，添入清汤，加入绍酒、白糖、陈醋烧至收汁，然后加入老干妈豆豉、芝麻酱、花椒粉、红油、香油、芝麻翻烧均匀，盛出晾凉，即可装盘上桌。

Steps:

8) Rinse the beef, slice into 4 big chunks, then blanch in boiling water to remove the thin blood.
9) Stew on low heat in the red spiced broth until it is almost cooked (about 80% done), remove and let cool, then slice into $1,5cm^2$ squares.
10) Heat up the wok, add neutral oil and heat it, add chunks of beef and deep-fry over low heat until dry, then remove.
11) Strain the oil leaving some in the wok and heat it again.
12) Add doubanjiang and stir-fry until fragrant.
13) Add beef, then clear stock, then Shaoxing wine, sugar, mature vinegar, and braise until it reduces.
14) Add preserved black beans, sesame paste, ground Sichuan pepper, chili oil, sesame oil, sesame seeds, and braise while stirring until well-combined; remove from the flame and let it cool, then serve.

In this case, the first step of the source text was divided into the first two steps of the target text, and the third step of the source text into steps 4 through 7 of the target text. This choice was made to clarify the order of the steps, and to convey a better sense of pacing.

- Furthermore, in some cases, the steps in the source text were divided into sections through headlines in order to clarify the preparation process.

做法：1 将面粉加入适量清水调和成面团，稍饧后搓成粗条，每 6 克下一个面剂，再擀成饺子皮；老姜拍松，放入锅中，加入适量清水和花椒，上火烧开煨至出味，制成花椒水；肉馅中先加入胡椒粉、味精、精盐、鸡蛋搅至上劲，再加入姜末、花椒水，搅拌均匀备用。2 将馅料包入饺子皮中，捏花边封口待用。3 坐锅点火，加入适量清水烧开，下入饺子，轻轻推转，待水再次沸时加入适量冷水（反复三次）煮至熟透，捞出沥干，装入小碗中，再加入酱油、红油、白糖、味精、蒜泥调匀，即可上桌食用。

To make the dough:

11) Mix and knead the flour with an appropriate amount of water (about 250g, add more if needed) until it forms a dough, then rest for a while (about 1 hour).
12) Roll into thick strips, then cut small pieces (about 6g each).
13) Roll out in a circle to create the wrapper.

To make the Sichuan pepper water:
14) Smack the ginger with the knife to loosen it, then put into the wok with an appropriate amount of water and Sichuan pepper, bring to a boil and simmer until flavorful.

To make the filling:
15) Add black pepper, MSG, salt and egg to the ground pork and mix until firm, then add minced ginger, Sichuan pepper water and stir until well combined.

To make the dumplings:
16) Place the filling into the wrapper, then pinch the edges to seal the dumpling.
17) Pour water in a wok and bring to a boil.
18) Add the dumplings, stir gently.
19) When the water starts boiling again, add cold water; repeat 3 times until fully cooked; then drain and place in a small bowl.
20) Add soy sauce, chili oil, sugar, MSG, minced garlic and mix until well combined, then serve.

- The source text included pieces of advice in some of the recipes. In these cases, the advice was divided from the main body and placed at the end of the recipes, and it was introduced by the heading "Tip:" in case of a single suggestion, and "Tips:" in case of multiple suggestions. In this last case, the suggestions were divided into small paragraphs, in which each one consisted of a single piece of advice.

3 坐锅点火，加油烧至六成热，先下入蒜瓣煸炒出香味，再放入肚条，烹入绍酒，添清汤，加入精盐、胡椒粉、白糖小火翻炒２分钟，然后加入味精调好口味，用水淀粉勾薄芡，先将蒜瓣炒出香味并呈金黄色，再放入猪肚条，再放入青蒜苗段翻炒均匀，即可装盘上桌。用旺火翻炒至均匀入味，出锅前加蒜苗提味。

5) Heat up the wok, add a little oil and heat until medium high (60%). First, add garlic scapes and stir-fry until fragrant, then add the tripe strips.
6) Add Shaoxing wine and let cook off.
7) Add clear stock, then salt, ground black pepper, and sugar and stir-fry on low heat for 2 minutes.
8) Add MSG to adjust the flavor, then add the mixture of starch and water to thicken the sauce. Then serve.

Tips:

- Stir-fry over high heat until well combined to enhance the flavor.
- Add garlic scapes right before serving to enhance the flavor.

3.5.2. Lexical factors

It was discussed in chapters 1.2. and 1.5. that both English and Chinese recipes involve the use of numerous technical terms. Some of these terms were translated into English, e.g. the terms regarding cooking techniques, while others were included in the translation via the phonetic transcription of the Chinese characters, e.g. the terms concerning flavors.

Most of the technical terms regarding cooking methods, along with their translations, were found in *The Food of Sichuan* (2019), written by Fuchsia Dunlop, and were used in the translation included in chapter 2. Some examples are:

- 干烧: dry-braising

- 码芡: coating in starch or batter

- 焯: blanching

- 卤: stewing

- 切: slicing

In some cases, however, the English name included in *The Food of Sichuan* (Dunlop, 2019) was only partially used in the translation included in this thesis. For example:

- 葱烧 was translated in Dunlop's (2019) work as "scallion braising", but was

included in this thesis as "braising with green onions", as 葱 had already been translated as "green onions". Additionally, the rendering "braising with green onions" sounded more natural than "green onion braising" to an English native.

- 生炒 was translated as "raw stir-frying" instead of as "raw frying", as it was included in *The Food of Sichuan* (2019). This is due to the fact that 炒 was previously translated as "stir-frying", therefore the rendering "raw stir-frying" was deemed more appropriate and of immediate comprehension. Based on the same reasoning, 熟炒 was translated as "cooked stir-frying" instead of as "cooked-frying", and 软炒 as "soft stir-frying" instead of "soft-frying".

- 翻烧 was not found in *The Food of Sichuan* (2019) as a single translation unit, however, the two characters were included separately, 翻 as "turn" and 烧 as "braising", so the translation stir-braising was deemed appropriate.

In the first section of the text, some cooking methods were translated into English, but the target text included the phonetic transcription as well. The English translation was used to enhance the readability of the text, and the pinyin was used to encourage the reader to research the topic. As a matter of fact, the English translation of such terms is not widespread, therefore it might be beneficial for the reader to use the phonetic transcription while researching the matter.

- 包 括 小 炒 、 干 煸 、 干 烧 、 家 常 烧 、 煎 、 炸 、 熏 、 泡 、 炖 、 焖 、 烩 、 爆
Some of them are: small stir-frying (*xiaochao*), dry-frying (*ganbian*), dry-braising (*ganshao*), home-style braising (*jiachang shao*), shallow-frying (*jian*), deep-frying (*zha*), smoking (*xun*), pickling (*pao*), simmering (*dun*), smothering (*men*), braising (*hui*), and quick-frying (*bao*).

When each cooking method was explained, the pinyin was only included in the translation in the heading of the paragraph; thereafter, only the English translation was included to enhance readability.

- 干烧
干烧是先用旺火，再用中火或小火使原料成熟。若是以原料的生熟分类，烧可以分为生烧和熟烧；以成菜的色泽可分为红烧和白烧；以突出调味料烧可分为酱烧、葱烧等。而干烧则是四川一种特殊的烧法，其实质上是汤烧，使汤汁在中火上漫漫地渗透到原料内部，或者粘附于原料之上，掌握干烧之法，需要注意两点，即中火慢烧，不能性急，自然收汁，不能用芡，成菜如"干烧鱼翅""干烧鹿筋""干烧岩鲤""干烧鲫鱼"等。
Dry-braising (*ganshao*)
Dry-braising involves using high heat at first, and then medium or low heat to let the food fully cook. Braising can be classified based on 3 different aspects: whether the ingredients involved are raw or cooked, the color (red-braising and white-braising), and the most prominent seasoning (fermented sauce, green onions).
Dry-braising is a braising method only used in Sichuan; it is basically a liquid braising, which involves cooking on medium heat until the liquid is either absorbed by the ingredients or condenses on top of them. In order to master this method, two main points need to be understood: slow braising over medium heat, without being impatient, and letting the sauce reduce naturally instead of by using starches. Some famous dishes are Dry-braised shark fin, Dry-braised deer tendon, Dry-braised rock carp, and Dry-braised crucian carp.

Additional instances in which the same choice was made is with ingredients and flavors. This was the case of the most famous flavors and of Chinese ingredients which do not have an English name. In the first case, the terms were included in the target text with the pinyin first, and the English translation second:

- "八味"是指：鱼香、麻辣、酸辣、干烧、辣子、红油、怪味、椒麻。
The eight flavors are: *yuxiang* (typical Chinese seasoning generally referred to as "hot garlic sauce" and "fish-fragrant sauce"), *mala* (numbingly spicy), sour and spicy, dry braised, spicy, chili oil, *guaiwei* (commonly known as "strange flavor") and finally *jiaoma* (meaning "Sichuan peppercorn and green onion flavor").

In the case of the ingredients, if commonly known in Western countries, they were included in the target text via their phonetic transcription.

- 豆瓣酱: doubanjiang

- 白酒: baijiu

- 醪糟: laozao

- 芽菜: yacai

If the ingredients were not commonly known in Western countries with the Chinese pronunciation, the English name was also included.

- 榨菜: zha cai (pickled mustard tuber, also called Sichuan preserved vegetable or Chinese pickled vegetable)
The English names were found on https://asian-ingredients.com/zha-cai/

- 红枣少许: A few jujube fruits (also known as red dates or Chinese dates)
The English names were found on https://www.healthline.com/nutrition/jujube#intro

3.5.2.1. Measures:

One of the cardinal features of recipes mentioned in chapter 1.2. is the usage of measures and measurements. The source text featured different units of measure in the second section:

- 克: literally "grams", it was usually translated using only the abbreviation "g". In the cases in which the number was greater than one thousand, it was translated as kg.
  - 大葱 120 克: 120g leeks
  - 猪排骨 1000 克: 1kg pork ribs

- 小匙: literally "small spoon" (MDBG, 2023). Despite not being the technical term used in Chinese for "teaspoon", which is 茶匙 (MDBG, 2023), it was intended as an equivalent. Additionally, for clarity, it was decided to implement the metric system, therefore 1 小匙 was considered 5g or 5ml, depending on the nature of the ingredient to which it referred.
  - 精盐 2 小匙: 10g salt
  - 红油 1 小匙: 5ml chili oil

- 大匙: literally "big spoon" (MDBG, 2023). Despite not being the technical

term used in Chinese for "tablespoon", which is 汤匙 (MDBG, 2023), it was intended as an equivalent. Additionally, for clarity, it was decided to implement the metric system, therefore 1 小匙 was considered 15g or 15ml, depending on the nature of the ingredient to which it referred.

- 绍酒 2 大匙: 30ml Shaoxing wine
- 豆瓣酱 2 大匙: 30g doubanjiang

- 适量: literally "an appropriate amount". In most cases, it was translated as "to taste", except for the instances in which it referred to oil, where it was translated as "for frying" in the case of oil. This choice was made because, since the amount needed is left to the choice of the reader, it was considered that specifying how the oil was to be used would provide a sense of the amount in which it would be needed.

- 色拉油各适量: Neutral oil (for frying)
- 熟芝麻适量: Toasted sesame seeds, to taste

The last measurement used in the source text regards the temperature of the oil. In the target text, it was indicated by an adjective of grade, followed by a percentage:

- 加油烧至四成热: add oil and heat until medium low (40%)
- 加油烧至六成热: add oil and heat until medium high (60%)
- 加油烧至七成热: add oil and heat until very hot (70%)
- 加油烧至八成热: add oil and heat until rippling hot (80%)

3.5.2.2. Recipe titles

The last lexical aspect that will be discussed is the name of recipes, also referred to as the title. The title should convey what the nature of the dish is but it can also show a certain degree of abstraction. As a matter of fact, the title is the only part of a recipe that shows signs of imagination (Klenová, 2010, p. 34).

The different ways in which titles included in this thesis were translated can be divided into different categories. The first one is that in which the recipes are well-known in Western countries with a certain name. When the case occurred, that name was used:

- 担担面: Dan dan noodles

- 蚂蚁上树: Ants climbing a tree

- 麻婆豆腐: Mapo tofu

- 宫保鸡丁: Kung Pao chicken

- 麻辣火锅: Mala hotpot

The second involved recipes known in Western countries that either do not have a specific name to which they are associated, or that have multiple names with which they are called. In this case, the name that was mentioned more often was selected and employed in the target text:

- The recipes included in the "tangerine peel flavor" are also known as "orange", e.g. "orange chicken"; however, all of the recipe names featured "tangerine peel" because it was considered the most appropriate translation for "陈皮".
    - 陈皮鸭: tangerine peel duck
    - 陈皮烧肉: tangerine peel braised pork
    - 陈皮兔丁: tangerine peel rabbit

- 鱼香肉丝 is known as "Fish-fragrant pork slivers" (Dunlop, 2019), "Sichuan shredded pork with garlic sauce" and "yu xiang rou si" (Red House Spice, 2022),, "Pork with garlic sauce" and "yuxiang rousi" (The Woks of Life, 2017), and "yuxiang pork" (The Mala Market, 2023). It was decided to translate it as "yuxiang pork strips" because this name would provide all of the information needed to grasp the nature and content of the recipe.

- 夫妻肺片 is known as "Fu qi fei pian" and "Sichuan sliced beef in chili sauce" (Omnivore's cookbook, 2022), and was translated as "Beef in chili

sauce" to be more concise.

The third category is lesser-known recipes that have a specific name in English:

- 三合泥: Sanhe mud (LaiTimes, 2021)
- 火边子牛肉: Fireside beef (Dunlop, 2019)

The last category is recipes that were translated freely:

- 口水童子鸡

    Literally "Mouth-watering chicken", it was decided to translate it as "Steamed chicken" because, despite losing the persuasive element, it states more clearly what the dish is.

- 三鲜小包

    Literally "Three delicacies small baozi", it was translated as "Chicken, prawn and sea cucumber baozi" to clarify which the three delicacies were.

3.5.2.3. Additional lexical features

- In the same way in which there are multiple terms in Chinese and a single term in English, such as the different ways to say "stir-fry", the same can be true in the opposite way. For example:

    - 汤 can mean "soup", "broth", and "stock". Therefore, it was translated with each of these terms, depending on the context.
    - 汁 can be translated as "juice" and "sauce". As a result, depending on the context, it was translated using each of these terms.

- The term 色拉油, literally "salad oil" (MDBG, 2023), was translated as "neutral oil". This choice was made because, in Western countries, salad oil typically refers to olive oil. However, in the recipes that included it, "色拉油" was mostly used to deep-fry and stir-fry, and olive oil is not a recommendable choice for these cooking

techniques.

- The term 切花刀, literally "cutting a pattern with a knife", was translated as "cut diagonally so as to create a grid-like pattern on top". It was considered a more specific and understandable translation. The information was found on https://www.sohu.com/a/136393170_635183 (2017), where different cutting techniques were explained.

3.5.3. Syntactical factors

As it was observed chapters 1.3. and 1.6., recipes have syntactic features specific to the genre as well, and they might differ based on the language in which the recipe is written. This subchapter will focus on the most important syntactic changes that occurred in the translation process. These changes arose on the clauses and periods level.

Many recipes include the sentences "捞出沥油备用。锅中留底油烧热" in the steps. This clause is composed of two sentences that are not only divided by a period, but, in some cases, are also divided into different steps. In these cases, the phrase was condensed into one clause joined by commas.

> 1 将净兔子洗涤整理干净，剁成小块，用花椒粉、葱末、姜末、绍酒、精盐、味精、胡椒腌制 2 小时，再下入六成热的油中炸成金黄色，捞出沥油备用。2 锅中留底油烧热，先下入干辣椒、陈皮、花椒炒香，再加入糖色、绍酒，添入高汤，然后放入兔丁慢火烧至收汁，出锅装盘即可。
>
> 1) Rinse the rabbit and chop into small chunks, then marinate for 2 hours with ground Sichuan pepper, green onions, ginger, Shaoxing wine, salt, MSG, and black pepper.
> 7) Heat up a wok, add oil and heat it until medium high (60%), add rabbit and deep-fry until golden, then remove.
> 8) Strain the oil, leaving a little in the wok, then heat it.
> 9) Add dried chili peppers, tangerine peel, Sichuan pepper, and stir-fry until fragrant.
> 10) Add caramel, Shaoxing wine and stock, then add rabbit and let the sauce reduce over low heat.
> 11) Remove and serve on a plate.

In some cases, on the other hand, a compound clause was divided into sentences that belonged to different steps.

1 将面粉加入适量清水调和成面团，稍饧后搓成粗条，每 6 克下一个面剂，再擀成饺子皮

1) Mix and knead the flour with an appropriate amount of water (about 250g, add more if needed) until it forms a dough, then rest for a while (about 1 hour).
2) Roll into thick strips, then cut small pieces (about 6g each).

This changes in the structure of the sentences were made to increase the readability of the text, and to provide a sense of pacing and order.

An additional phenomenon is the change in the order in which the information is given. As a matter of fact, it often occurred that recipes in source text gave instructions towards the end of the recipe about processes that needed to be executed earlier in the recipe. In these cases, the target text changed the order of the information given, including it in earlier steps.

- 2 锅中加入猪油烧至六成热，先下入姜丝、蒜末、泡红椒末炒出香味，再放入肉丝炒散，然后下入玉兰片、木耳丝翻炒几下，再加入白糖、保宁醋、酱油、葱花翻炒均匀，添入清汤，最后用泡红辣椒等要旺火炒出香辣味，放入肉丝水淀粉勾芡，即可出锅装盘。

  3) Heat up the wok, add the rendered lard and heat until medium high (60%). Then add ginger, garlic, (pickled) red peppers and stir-fry over high heat to bring out the fragrant and spicy flavor.
  4) Add the pork and stir-fry until it doesn't stick together.
  5) Add bamboo shoots and mushrooms and briefly stir-fry.
  6) Add sugar, Baoning vinegar, soy sauce, green onions and stir-fry until well combined.
  7) Pour in the clear stock, then the starch and water mixture to thicken the sauce, then serve on a plate.

- 3 取一铁板烧热，放油将姜丝炒香，再将鸭块鸭块要放温油锅内炸上颜色，再用小火烧倒在铁板上即成。

  6) Warm a cast iron on low heat, pour some oil and stir-fry ginger strips until fragrant.
  7) Deep-fry the duck chunks again in warm oil to add color.
  8) Then pour on the cast iron and serve.

- 2 坐锅点火，加入猪油烧至八成热，先下入红干椒段、花椒快速炒成棕红色，再放入鸡丁干红辣椒以炒至色呈棕红色为度；花生仁要炒散，然后加入玉兰丁略炒，再加入姜末、蒜在出锅前放入，不宜过早下锅，以保持脆嫩。末、葱花炒出香味，最后放入花生仁，加入白糖、保宁醋、酱油、味精、清汤烧至入味，淋入香油，颠翻均匀，即可出锅装盘。

  8) Add bamboo shoots and stir-fry quickly, then add ginger, garlic and green onions and stir-fry until fragrant, then remove from the wok. DO NOT leave out for too long, or they will lose crispiness and tenderness.
  9) Finally, add peanuts, sugar, Baoning vinegar, soy sauce, MSG, clear stock and braise until tasty.
  10) Drizzle sesame oil and stir until well combined, then serve.

Furthermore, in some of these cases, in order to specify at what moment the action should have been carried out, the information was followed or preceded by information that had already been given in an earlier step. In these occurrences, the redundant information was omitted.

- 1 将鲤鱼去磷、去鳃、除内脏，洗净后沥干水分，在鱼身的两面各切两刀（深度接近鱼骨），再用绍酒、精盐腌渍片刻备用。2 坐锅点火，加入色拉油烧热，下入腌好的鲤鱼炸至两面呈金黄色，捞出沥油待用。3 锅中留少许底油烧热，先下入豆瓣、姜末、蒜末炒成红色，再放入鲤鱼，添入肉汤烧沸，然后加入酱油、白糖，用小火烧至鲤鱼熟透，出锅装入盘中。4 锅再上火，加入原汁，用水淀粉勾芡，淋豆瓣要剁碎，与姜蒜等煸炒出红油，放入鲤鱼入米醋，撒上葱花，烧开后均匀地浇在鱼身旺火烧沸后，要改用小火烧至熟透入味。上，即可上桌食用。

  1) Clean the carp by removing the scales, gills, and internal organs. Then wash and drain excess water. Make two cuts on each side reaching the fishbones; then marinate with Shaoxing wine and salt for a short time.
  2) Heat up the wok, add neutral oil and let it heat. Add the marinated carp and deep-fry until both sides are golden, then remove.
  3) Strain excess oil, leaving only a small amount in the wok, heat it, then add doubanjiang, ginger and garlic and stir-fry until it becomes red.
  4) Add again the carp along with the broth and bring to a boil, then turn the heat to low.
  5) After that, add soy sauce and sugar and braise until the fish is fully cooked, then remove the carp only and arrange on a plate.
  6) Pour some rice vinegar and sprinkle some green onions on top.
  7) Add the starch and water mixture into the sauce that remained in the wok to thicken it, then pour evenly on top of the carp and serve.

The sentences "锅再上火" (heat up the wok) and "淋豆瓣要剁碎，与姜蒜等煸炒出红油" (add doubanjiang and garlic and stir-fry until it turns red) were removed because these instructions had already been given, and "加入原汁" (add the sauce) was removed because it had previously been specified that only the carp should have been removed from the wok.

Lastly, there are some instances in which parts of the source text were condensed or removed to improve readability.

- 搅拌蛋液动作要轻，不要猛搅蛋液，会使蛋液起泡，蒸时鸡蛋液不会溶为一体。
  Tip: be gentle while stirring the egg mixture to avoid creating too many bubbles. They will not dissolve while steaming.
  The literal meaning of "搅拌蛋液动作要轻，不要猛搅蛋液" is "stir the egg mixture gently and do not vigorously stir the egg mixture", but the translation "be gentle while stirring the egg mixture" was considered more concise and straightforward, aligning with the register of the genre.

- 1 坐锅点火，先放入鲜汤、火锅底料烧沸，再加入精盐、胡椒粉、鸡精、味精调匀，然后与各种肉串和蔬菜串一起上桌。
  1) Heat up the stock and hotpot seasoning in a wok and bring to a boil.
  2) Add salt, black pepper, chicken bouillon powder, MSG and stir to combine.
  3) Serve with meat and vegetable skewers.

The literal meaning is "heat up a wok, add the stock and hotpot seasoning and bring to a boil", but it was deemed appropriate to condense heating up and adding the ingredients into a single action, since, differently than when oil in concerned, there is no need to heat the wok before pouring in a liquid such as stock.

3.5.4. Expansions:

The last translation technique that will be analyzed is the expansion. In the first section of the source text, most of the expansions were employed due to cultural references. Since the target reader doesn't have knowledge pertaining to Chinese culture outside of its food and cuisine, it was considered necessary to add certain information:

- 说起成都的川菜，早已久赋盛名，西晋文学家左思在《蜀都赋》中曾经提到过成都川菜那种使人"口水直下三千尺"的美味佳色，历代的文人墨客也竞相赞扬成都的川菜，所以到如今在川菜菜品里还有以文人命名的菜品。
  The Chengdu style has been famous for a long time. Zuo Si (250-305), writer of the Western Jin dynasty, once mentioned in his "Shu Capital Rhapsody" that its food is so delicious that it makes people drool buckets. Literary scholars throughout history have praised the Chengdu style, and, for this reason, there are many dishes named after them.

- 说到成都的小吃，我们要上溯到成都解放前，那时成都的大街小巷出现了提竹兜、挑竹担，一边吆喝一边做买卖的小贩，他们专卖自己在家中制作的方便食品，后来他们都扩大了自己的经营规模，同时又以自己开店设业的街道名称作为自己店铺招牌的名称，以此表示只此一家货真价实。

These snacks originated before the liberation of Chengdu (1949), when street vendors appeared, carrying baskets balanced on a bamboo pole, shouting and doing business. They specialized in homemade ready-to-be-served meals. They expanded their business over time, opening shops and naming them after the street in which they used to work, putting up a shop sign to declare that theirs was the only authentic shop.

- 谈到重庆风味就不能不提重庆火锅，重庆火锅又称为毛肚火锅或麻辣火锅，起源于明末清初的重庆嘉陵江畔、朝天门等码头船工纤夫的粗放餐饮方式，其原料主要是牛毛肚、猪黄喉、鸭肠、牛血旺等。

When talking about the Chongqing style, it's impossible not to mention Chongqing hotpot, also called Beef tripe hotpot and Mala hotpot (hot and numbing hotpot). It originated in the 17th century by the Jialing riverbank and the Chaotianmen dock in Chongqing due to the extravagant eating habits of sailors and boat haulers. Its main ingredients are beef tripe, fresh pig aorta, duck intestines and beef blood.

In the last case, the reference to the Ming and Qing Dynasty was omitted because it wasn't considered necessary and would have hindered the reading of the target text.

Additional expansions were employed in the second section of the text. Firstly, possible substitutions were included in the list of ingredients when an item was considered of difficult availability.

- 原料：净仔鸡 1 只，熟芝麻适量。
调料：精盐 2 小匙，红油 1 小匙，葱段、姜片、八角、花椒、胡椒、绍酒、花生酱、白糖、蒜泥、酱油、味精、陈醋、花椒油各少许。

Ingredients:

- 1 whole chicken
- Toasted sesame seeds, to taste
- 10g salt
- 5ml chili oil
- A few roughly chopped green onions
- A few slices of ginger
- A few pods star anise
- A little Sichuan pepper
- Some black pepper
- A little Shaoxing wine (can be substituted with dry sherry)
- Some peanut butter
- A little sugar
- Some minced garlic
- Some soy sauce
- A little MSG
- A little mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
- A little Sichuan pepper oil

- 原料：牛肉 500 克，熟白芝麻少许。
  调料：白糖、陈醋各 2 小匙，红油、绍酒、豆瓣、老干妈豆豉、芝麻酱、花椒粉、花椒油、香油各 1/2 小匙，清汤、红卤水、色拉油各适量。

  Ingredients:

  o   500g beef
  o   A few toasted white sesame seeds
  o   10g sugar
  o   10ml mature vinegar (can be substituted with a combination of rice vinegar and balsamic vinegar)
  o   3ml chili oil
  o   3ml Shaoxing wine (can be substituted with dry sherry)
  o   3g doubanjiang

  o   3g Lao Gan Ma preserved black beans in chili oil
  o   3g sesame paste (can be substituted with tahini)
  o   3g ground Sichuan pepper
  o   3g Sichuan pepper oil
  o   3ml sesame oil
  o   A little clear stock
  o   A little red spiced broth (usually from pork bones)
  o   Neutral oil (for frying)

- 原料：肉丝 250 克，玉兰片 100 克，水发木耳 30 克，泡红椒末 25 克。
  调料：姜丝、蒜末、保宁醋、酱油、白糖、水淀粉各适量，清汤 50 克，熟猪油 100 克。

  Ingredients:

  o   250g pork strips
  o   100g sliced dried bamboo shoots
  o   30g soaked wood ear mushroom (can be substituted with shiitake mushrooms)
  o   25g chopped pickled red peppers
  o   strips of ginger (to taste)
  o   Minced garlic (to taste)

  o   Baoning vinegar (to taste) (can be substituted with Chinese black vinegar)
  o   Soy sauce (to taste)
  o   Sugar (to taste)
  o   Starch and water mixture (to taste)
  o   50g clear stock
  o   100g rendered lard

Secondly, some additions were made to clarify the steps included in the recipe.

- 1 将面粉加入适量清水调和成面团，稍饧后搓成粗条，每 6 克下一个面剂，再擀成饺子皮；
  To make the dough:
  1) Mix and knead the flour with an appropriate amount of water (about 250g, add more if needed) until it forms a dough, then rest for a while (about 1 hour).
  2) Roll into thick strips, then cut small pieces (about 6g each).
  3) Roll out in a circle to create the wrapper.

- 3 将面粉加入酵母粉及适量清水，调和成面团后稍饧，每 20 克下一个面剂，再包入馅调制馅料时要先加精盐、酱油拌匀上劲，再放入料，捏成立褶的圆形包子，然后放入屉中，三鲜料拌匀，最后加葱姜、香油等稍拌即成。用旺火蒸 10～20 分钟，取出即可食用。

    To make the baozi:

6) Mix flour, yeast and water and knead until it becomes a dough, then let rest (45 minutes).

7) Take 20g per portion and wrap around the filling, shaping into round dumplings with pleats.

8) Then place it in the steamer tiers. Steam on high heat for 10-20 minutes, then remove and serve.

- 1 将净兔子洗涤整理干净，剁成小块，用花椒粉、葱末、姜末、绍酒、精盐、味精、胡椒腌制 2 小时，再下入六成热的油中炸成金黄色，捞出沥油备用。2 锅中留底油烧热，先下入干辣椒、陈皮、花椒炒香，再加入糖色、绍酒，添入高汤，然后放入兔丁慢火烧至收汁，出锅装盘即可。

1) Rinse the rabbit and chop into small chunks, then marinate for 2 hours with ground Sichuan pepper, green onions, ginger, Shaoxing wine, salt, MSG, and black pepper.

2) Heat up a wok, add oil and heat it until medium high (60%), add rabbit and deep-fry until golden, then remove.

3) Strain the oil, leaving a little in the wok, then heat it.

4) Add dried chili peppers, tangerine peel, Sichuan pepper, and stir-fry until fragrant.

5) Add caramel, Shaoxing wine and stock, then add rabbit and let the sauce reduce over low heat.

6) Remove and serve on a plate.

Conclusion

Food has always been a fundamental part of life, be it as a necessity or as an expression of culture. Since local cuisines develop alongside the culture of a population or ethnic group, the two are strictly related; therefore, it is no surprise that, given the ethnic diversity present in China, Chinese cuisine can be divided into many different sub-cuisines, each representing a region or even a province. Each sub-cuisine has its own particular flavors, cooking methods, and takes advantage of local ingredients.

This thesis presented the translation of extracts of the Sichuanese cookbook *Jingdian Chuancai Jiaoshi* 经典川菜教室 (A course on Sichuan Cuisine), written by chef, culinary judge and researcher Zhang Benteng. This cookbook acknowledges the differences that exist between Sichuan cuisine and other regional cuisines originated in China; as a matter of fact, it includes a chapter whose sole objective is to display the characteristics specific to Sichuan cuisine. Firstly, it describes its history, origin, geographical characteristics, and the ethnic influences it received; secondly, it focuses on the three different styles that can be identified inside Sichuan cuisine; thirdly, it focuses on the flavors and cooking methods specific to Sichuan cuisine. Following this, the cookbook includes 9 chapters composed of recipes, which are divided according to their main characteristics.

The first chapter of this thesis consisted of an overview of the linguistic characteristics of recipe texts. Firstly, literature regarding English recipes was analyzed, and secondly, publications concerning Chinese recipes were examined. It was observed that the literature regarding recipe texts written in Chinese was lacking, therefore there is great potential for additional studies to be made regarding the topic. The linguistic features analyzed in this chapter were the structure and layout, the lexis, and finally the syntax. It was observed that there were numerous similarities between the two languages, especially in the first two features.

The second chapter consisted of a translation from Chinese into English of extracts from the cookbook. The first section of the chapter included the translation of chapter 1.4., namely *Chuancai gaishu* 川菜概述 (Overview of Sichuan cuisine). This chapter was selected because it provided an overview of the different styles, flavors, and cooking methods particular to Sichuan cuisine. The second section of the translation comprised the 28 recipes, which were selected in order to display the variety of flavors and cooking techniques specific to Sichuan cuisine. Additionally, a few of the most representative dishes associated with Sichuan cuisine were included.

The third chapter presented a translational commentary divided into two sections. The first section analyzed the macro linguistic properties of the source and target texts, such as function, target reader, and main feature. The second section consisted of an analysis of the translation, showing the macrostrategy employed first, and the microstrategies second. To best represent the problems encountered in the translation process, the microstrategies were divided into structural aspects, lexical factors, syntactic elements, and expansions. In order to present the problems experienced and the solutions employed in the translating process, each section included a detailed explanation and extracts of the source and target text in which each solution was implemented. The main problems encountered were the translation of technical terms, as expected, and the order in which the information was given in between steps. The first problem had been discussed in chapter 1, and was solved through research on articles, menus, and culinary blogs. In order to resolve the second issue, the directions were ordered properly by anticipating and postponing accordingly the instructions.

Finally, a glossary of the technical and specialized terms encountered in the source text and employed in the target text was included. The terms included were divided into five categories: tastes and flavors, cooking methods, measures, ingredients, and recipe names. The first column of the glossary showed the phonetical transcription of the Chinese terms, the second displayed the Chinese characters, and finally the third included the English translation, as it was employed in the target text shown in chapter 2.

Glossary

Pinyin	Chinese	English
Tastes and flavors		
Chénpí wèi xíng	陈皮味型	Tangerine peel flavor
Chǐzhī wèi	豉汁味	Black bean sauce
Chún tiánwèi	醇甜味	Boozy and sweet flavor
Guàiwèi	怪味	Guaiwei
Hóngyóu wèi	红油味	Chili oil flavor
Hú là wèi xíng	煳辣味型	Scorched chili flavor
Jiācháng wèi xíng	家常味型	Home-style flavor
Jiàng xiāngwèi xíng	酱香味型	Fragrant fermented sauce flavor
Jiāngzhī wèi	姜汁味	Ginger juice
Jiāngzhī wèi xíng	姜汁味型	Ginger juice flavor
Jiāo má wèi	椒麻味	Sichuan pepper flavor
Jiāo má wèi	椒麻味	Jiaoma flavor
Jièmo wèi	芥末味	Mustard flavor
Kǔ	苦	Bitter
Là	辣	Spicy
Lìzhī wèi xíng	荔枝味型	Lychee flavor
Má	麻	Ma
Májiàng wèi	麻酱味	Sesame paste
Málà wèi xíng	麻辣味型	Mala flavor
Qiézhī wèi	茄汁味	Eggplant sauce
Suàn ní wèi xíng	蒜泥味型	Minced garlic flavor
Suān	酸	Sour
Suānlà wèi	酸辣味	Sour and spicy flavor
Tángcù wèi xíng	糖醋味型	Sweet and sour flavor
Tián	甜	Sweet
Tián xiāngwèi xíng	甜香味型	Sweet fragrant flavor
Wèi	味	Flavor
Wǔwèi zhī	五味汁	Five-flavor sauce
Wǔxiāng wèi xíng	五香味型	Five spice flavor

Xián	咸	Salty
Xián xiānwèi xíng	咸鲜味型	Salty-umami flavor
Xiān	鲜	Umami
Xiāng	香	Fragrant
Xiāng zāo wèi xíng	香糟味型	Fragrant boozy flavor
Xiānglà wèi	香辣味	Fragrant and spicy flavor
Yān xiāngwèi xíng	烟香味型	Smoked flavor
Yúxiāng wèi	鱼香味	Yuxiang flavor
Zāo là wèi	糟辣味	Boozy and spicy flavor
Zāo xiāngwèi	糟香味	Fragrant boozy flavor

Cooking methods

Bái shāo	白烧	White-braising
Bàn	拌	Mixing
Bào	爆	Quick-frying
Bāo	包	Wrapping
Biānchǎo	煸炒	Stir-frying in a small quantity of oil
Chǎo	炒	Stir-frying
Chāo	焯	Blanching
Cōng shāo	葱烧	Braising with green onions
Cuō	搓	Rolling
Dùn	炖	Simmering
Duò	剁	Chopping
Duòsuì	剁碎	Mincing
Fān shāo	翻烧	Stir-braising
Fānchǎo	翻炒	Stir-frying
Gān chǎo	干炒	Dry stir-frying
Gān shāo	干烧	Dry-braising
Gānbiān	干煸	Dry-frying
Gōuqiàn	勾芡	Thickening with starch
Hóngshāo	红烧	Red-braising
Hú	煳	Charring
Huáchǎo	滑炒	Slippery stir-frying
Huì	烩	Braising
Jiācháng shāo	家常烧	Home-style braising

Jiān	煎	Shallow-frying
Jiàng shāo	酱烧	Braising with fermented sauce
Jiāo chǎo	焦炒	Charred stir-frying
Jiǎobàn	搅拌	Mixing
Jìnpào	浸泡	Soaking
Kǎo	烤	Roasting
Lì	沥	Straining
Lìgān	沥干	Draining
Lín rù	淋入	Pouring
Lǔ	卤	Stewing
Mǎ qiàn	码芡	Coating (in starch or batter)
Mèn	焖	Smothering
Méng	蒙	Covering
Mò	沫	Foaming
Pào	泡	Pickling
Pēngrèn fǎ/jìfǎ/fāngfǎ	烹饪法/技法/方法	Cooking method
Qiē	切	Slicing
Qiē huā dāo	切花刀	Cutting diagonally
Qiēchéng fāng dīng	切成方丁	Dicing
Qīngchǎo	清炒	Clear stir-frying
Qùpí	去皮	Peeling
Róng	蓉	Mincing
Ruǎn chǎo	软炒	Soft stir-frying
Sǎ	撒	Sprinkling
Shāo	烧	Braising
Shāo fèi	烧沸	Bringing to a boil
Shāokāi	烧开	Boiling
Shēng chǎo	生炒	Raw stir-frying
Shī chǎo	湿炒	Moist stir-frying
Shōu zhī	收汁	Reducing
Shúchǎo	熟炒	Cooked stir-frying
Shuǐ chǎo	水炒	Water stir-frying
Shuǐzhǔ	水煮	Boiling
Sī	撕	Tearing
Tàng	烫	Scald in boiling water

Tuī chǎo	推炒	Push stir-frying
Xiǎo chǎo	小炒	Small stir-frying
Xǐdí	洗涤	Rinsing
Xǐjìng	洗净	Washing
Xíng	饧	Resting
Xūn	熏	Smoking
Yānzhì	腌制	Marinating
Yānzì	腌渍	Fermenting
Yānzì	腌渍	Marinating
Yáohuàng	摇晃	Shaking
Zhá	炸	Deep-frying
Zhuā chǎo	抓炒	Mixed stir-frying
Zhuāngrù	装入	Arranging

Measures

Dà chí	大匙	Tablespoon
Kè	克	Gram
Límǐ jiànfāng	厘米见方	Cm^2
Shǎoxǔ	少许	A little/a few
Shìliàng	适量	To taste
Xiǎo chí	小匙	Teaspoon

Ingredients

Bái cè gū	白侧菇	White beech mushroom
Báicài	白菜	Pak choi
Báijiǔ	白酒	Baijiu
Báitáng	白糖	Sugar
Bǎiyè	百叶	Tripe
Bājiǎo	八角	Star anise
Bǎo níng cù	保宁醋	Baoning vinegar
Bèimǔ	贝母	Fritillaria bulbs
Bīngtáng	冰糖	Rock sugar
Cǎogū	草菇	Straw mushroom
Cǎoguǒ	草果	Black cardamom
Chéncù	陈醋	Mature vinegar
Chénpí	陈皮	Tangerine peel

Chóngcǎo	虫草	Cordyceps flowers
Chuān yán	川盐	Sichuan well salt
Cōng	葱	Green onions
Cù	醋	Vinegar
Dàcōng	大葱	Leek
Dànhuáng	蛋黄	Yolk
Dàxiā	大虾	Prawn
Déyáng jiàngyóu	德阳酱油	Deyang soy sauce
Diànfěn	淀粉	Starch
Dìguā fěn	地瓜粉	Sweet potato noodles
Dōnggū	冬菇	Shiitake mushroom
Dōngsǔn	冬笋	Winter bamboo shoots
Dòubànjiàng	豆瓣酱	Doubanjiang
Dòufu	豆腐	Tofu
Dòumiáo	豆苗	Pea shoots
Dòuzhìpǐn	豆制品	Soy product
Dǔ	肚	Tripe
Duōbǎoyú	多宝鱼	Turbot
É bǎng	鹅膀	Goose wing
É zhǎng	鹅掌	Goose feet
Féicháng	肥肠	Intestines
Fēngmì	蜂蜜	Honey
Fèngwěiyú	凤尾鱼	Anchovies
Gàilán	芥蓝	Chinese broccoli
Gǎn miàn	擀面	Fresh noodles
Gāncǎo	甘草	Licorice root
Gānlàjiāo	干辣椒	Dried chili peppers
Gāo gān	羔肝	Lamb liver
Gāotāng	高汤	Stock
Gē	鸽	Pigeon/Squab
Gē dàn	鸽蛋	Pigeon egg
Gǒuqǐ	枸杞	Wolfberry
Guì yè	桂叶	Bay leaf
Guìpí	桂皮	Chinese cinnamon
Hǎijiāo	海椒	Chili peppers
Hǎishēn	海参	Sea cucumber

Háng jiāo	杭椒	Hangzhou chili peppers
Háoyóu	蚝油	Oyster sauce
Hé xiān	河鲜	Freshwater fish
Hétaorén	核桃仁	Walnut
Hóng jiāo	红椒	Red peppers
Hóng lǔshuǐ	红卤水	Red spiced broth
Hónglàjiāo	红辣椒	Red chili peppers
Hóngshǔ	红薯	Sweet potato
Hóngyóu	红油	Chili oil
Hóngzǎo	红枣	Jujube fruit
Huājiāo	花椒	Sichuan pepper/Red Sichuan pepper
Huājiāo yóu	花椒油	Sichuan pepper oil
Huángdòu	黄豆	Soybean
Huángdòu yá	黄豆芽	Soybean sprouts
Huángguā	黄瓜	Cucumber
Huāshēng	花生	Peanuts
Huāshēngjiàng	花生酱	Peanut butter
Huázǐmó	滑子蘑	Slippery jack mushroom
Hújiāo	胡椒	Black pepper
Huǒguō dǐliào	火锅底料	Hotpot seasoning
Huǒtuǐ	火腿	Ham
Jī	鸡	Chicken
Jī wéi xiā	基围虾	Jinga shrimp
Jī yóu	鸡油	Chicken fat
Jiāng	姜	Ginger
Jiàngyóu	酱油	Soy sauce
Jiàomǔ fěn	酵母粉	Dry yeast
Jīdàn	鸡蛋	Egg
Jīdànqīng	鸡蛋清	Egg white
Jièmo	芥末	Mustard
Jījīng	鸡精	Chicken bouillon powder
Jīng yán	精盐	Salt
Jīnqián dù	金钱肚	Honeycomb tripe
Jītāng	鸡汤	Chicken stock
Jītuǐ ròu	鸡腿肉	Chicken thigh

Jìyú	鲫鱼	Crucian carp
Kǒumó	口蘑	St. George's mushroom
Làjiāo	辣椒	Chili peppers
Làjiāofěn	辣椒粉	Chili powder
Làjiāoyóu	辣椒油	Chili oil
Lǎo gānmā dòuchǐ	老干妈豆豉	Lao Gan Ma preserved black beans in chili oil
Lǎo jiāng	老姜	Ginger
Lǎochōu	老抽	Dark soy sauce
Láozāo	醪糟	Laozao
Liányú	鲢鱼	Silver carp
Lìzhī	荔枝	Lychee
Lù jīn	鹿筋	Deer tendon
Lǜdòuyá	绿豆芽	Bean sprout
Luóbo	萝卜	Radish
Má jiāo	麻椒	Green Sichuan pepper
Májiàng	麻酱	Sesame paste
Miànfěn	面粉	Flour
Miàntuán	面团	Dough
Mǐcù	米醋	Rice vinegar
Míng	明	Prawn
Mógu	蘑菇	Mushroom
Mógu jīng	蘑菇精	Mushroom extract
Mùěr	木耳	Wood ear mushroom
Niú máo	牛毛	Beef
Niú xuè wàng	牛血旺	Beef blood
Niúlǐjǐ	牛里脊	Beef tenderloin
Niúshé	牛舌	Ox tongue
Niúwā	牛蛙	Bullfrog
Páigǔ	排骨	Pork ribs
Pào làjiāo	泡辣椒	Pickled chili peppers
Píxiàn dòubàn	郫县豆瓣	Pixian doubanjiang
Qiàn	芡	Starch
Qié	茄	Eggplant
Qīnghuā jiāo	青花椒	Green Sichuan pepper
Qīngjiāo	青椒	Green peppers

Qīngsuàn miáo	青蒜苗	Garlic scapes
Qīngtāng	清汤	Clear stock
Rénshēn	人参	Ginseng
Ròutāng	肉汤	Pork broth
Rǔ gē	乳鸽	Squab breast
Rǔzhū	乳猪	Suckling pig
Sèlāyóu	色拉油	Neutral oil
Shān jiāo	山椒	Mountain chili peppers
Shànbèi	扇贝	Scallops
Shānnài	山奈	Aromatic ginger
Shànyú	鳝鱼	Eel
Shào jiǔ	绍酒	Shaoxing wine
Shēngchōu	生抽	Light soy sauce
Shísān xiāng	十三香	13 spices mix
Shíyòng jiǎn	食用碱	Alkaline water
Shuǐ diànfěn	水淀粉	Starch and water mixture
Sōnghuādàn	松花蛋	Century egg
Suàn	蒜	Garlic
Táng	糖	Sugar
Táng shǎi	糖色	Caramel
Tiáoliào	调料	Condiment
Tiáowèi	调味	Seasoning
Tù dīng	兔丁	Rabbit
Tǔdòu	土豆	Potato
Wèijīng	味精	MSG
Xiā	虾	Prawn
Xiān tāng	鲜汤	Chicken and pork stock
Xiāngcài	香菜	Cilantro
Xiānglà yóu	香辣油	Chili oil
Xiāngyè	香叶	Bay leaf
Xiāngyóu	香油	Sesame oil
Xiǎomǐ làjiāo	小米辣椒	Xiaomila peppers
Xuě zhū	雪猪	Marmot
Yā	鸭	Duck
Yá cài	芽菜	Yacai
Yācháng	鸭肠	Duck intestines

Yādàn	鸭蛋	Duck egg
Yán lǐ	岩鲤	Rock carp
Yāo piàn	腰片	Pork kidneys
Yěshānjiāo	野山椒	Wild mountain chili peppers
Yíněr	银耳	Snow mushroom
Yóu	油	Oil
Yóuyú	鱿鱼	Squid
Yúchì	鱼翅	Shark fin
Yùlán	玉兰	Dried bamboo shoots
Yùmǐdiànfěn	玉米淀粉	Cornstarch
Zhàcài	榨菜	Zha cai
Zhī	汁	Juice/sauce
Zhīma	芝麻	Sesame seeds
Zhīmajiàng	芝麻酱	Sesame paste
Zhīmayóu	芝麻油	Sesame oil
Zhū	猪	Pork
Zhú cān	竹参	Bamboo mushroom
Zhú cān	竹参	Veiled lady mushroom
Zhū huánghóu	猪黄喉	Fresh pig aorta
Zhū wǔhuāròu	猪五花肉	Pork belly
Zhūròu xiàn	猪肉馅	Ground pork
Zhúsǔn/Zhúsūn	竹笋/竹荪	Bamboo shoots
Zhūyóu	猪油	Lard

Recipe names

Bèimǔ jī	贝母鸡	Chicken soup with fritillaria bulbs
Bīngtáng yíněr	冰糖银耳	Snow mushroom soup with rock sugar
Chénpí tù dīng	陈皮兔丁	Tangerine peel rabbit
Chóngcǎo yā	虫草鸭	Stewed duck soup with cordyceps flowers
Chù ròu dàsuàn chǎo dù tiáo	畜肉大蒜炒肚条	Stir-fried pork tripe with garlic
Cōng xiāng dà pái	葱香大排	Fried pork ribs with leeks
Dàndànmiàn	担担面	Dan dan noodles
Dòubàn liányú	豆瓣鲢鱼	Silver carp with doubanjiang

Dòubàn lǐyú	豆瓣鲤鱼	Braised carp with doubanjiang
Dòubàn yú	豆瓣鱼	Fish with doubanjiang
Dòuhuā	豆花	Tofu pudding
Fěn zhēng ròu	粉蒸肉	Steamed pork with rice flour
Fūqīfèipiàn	夫妻肺片	Beef in chili sauce
Fúróng jī piàn	芙蓉鸡片	Hibiscus-blossom chicken slices
Gān shāo jìyú	干烧鲫鱼	Dry-braised crucian carp
Gān shāo lù jīn	干烧鹿筋	Dry-braised deer tendon
Gān shāo yán lǐ	干烧岩鲤	Dry-braised rock carp
Gānbiān tǔdòusī	干煸土豆丝	Dry-fried shredded potatoes
Gōngbǎojīdīng	宫保鸡丁	Kung pao chicken
Guàiwèi jī sī	怪味鸡丝	Guaiwei chicken strips
Guàiwèi niúròu	怪味牛肉	Guaiwei beef
Háoyóu gàilánniúròu	蚝油芥蓝牛肉	Beef with chinese broccoli in oyster sauce
Hóngshāo xuě zhū	红烧雪猪	Red-braised marmot
Hóngyóu shuǐjiǎo	红油水饺	Dumplings in chili oil
Hú là dǔ piàn	煳辣肚片	Tripe slices with seared chilies
Hú là jīdīng	煳辣鸡丁	Chicken cubes with seared chilies
Hú là shànbèi	煳辣扇贝	Scallops with seared chilies
Huíguōròu	回锅肉	Twice-cooked pork
Huǒ biān zǐ niúròu	火边子牛肉	Fireside beef
Huǒguō	火锅	Hotpot
Jī róng yúchì	鸡蓉鱼翅	Shark fin with minced chicken
Jiā shā ròu	夹沙肉	Steamed sweet pork
Jiācháng hǎishēn	家常海参	Home-style sea cucumber
Jiāchángdòufu	家常豆腐	Home-style tofu
Jiàng bào niúròu	酱爆牛肉	Beef with doubanjiang
Jiāngzhī zǐjī	姜汁仔鸡	Spring chicken with ginger sauce
Jiāo má jī piàn	椒麻鸡片	Jiaoma chicken strips

Jiāo má jī piàn	椒麻鸡片	Chicken in Sichuan pepper and scallion sauce
Jiāo má jī piàn	椒麻鸡片	Cold chicken in Sichuan pepper-scallion oil
Jiāo má yāzhǎng	椒麻鸭掌	Jiaoma duck feet
Jièmo jī piàn	芥末鸡片	Chicken strips with mustardy sauce
Jièmo shànbèi	芥末扇贝	Scallops with mustardy sauce
Jièmòyāzhǎng	芥末鸭掌	Duck feet with mustardy sauce
Jīnqián jī tǎ	金钱鸡塔	Chicken tower
Jiǔzuì jī wéi xiā	酒醉基围虾	Drunk shrimp
Júhuā huǒguō	菊花火锅	Chrysanthemum hotpot
Kāishuǐ báicài	开水白菜	Boiled pak choi
Kǎorǔzhū	烤乳猪	Roasted suckling pig
Kǒushuǐ tóngzǐ jī	口水童子鸡	Steamed chicken
Lài tāngyuán	赖汤圆	Mr. Lai's glutinous rice balls with sesame stuffing
Mǎ hóngshǔ	马红薯	Mr Ma's sweet potatoes
Málà bào kǎo xiā	麻辣爆烤虾	Stir-fried mala shrimp
Málàhuǒguō	麻辣火锅	Mala hotpot
Málàtàng	麻辣烫	Mala soup
Máodǔ huǒguō	毛肚火锅	Beef-tripe hotpot
Mápódòufǔ	麻婆豆腐	Mapo tofu
Mǎyǐshàngshù	蚂蚁上树	Ants climbing a tree
Mì zhì jiéjié xiāng	秘制节节香	Secret recipe for more and more fragrance
Pào tián suàn	泡甜蒜	Pickled sweet garlic
Pào tián zǐ jiāng	泡甜子姜	Pickled sweet ginger
Páolào é zhǎng	炮烙鹅掌	Shallow fried goose feet
Qīngdùn niúròu	清炖牛肉	Beef soup
Sān hé ní	三合泥	Sanhe mud
Sān jiāo duōbǎoyú	三椒多宝鱼	Steamed turbot with three peppers
Sānsè zhēng dàn gēng	三色蒸蛋羹	Three color steamed eggs
Sānxiān xiǎobāo	三鲜小包	Chicken, prawn and sea cucumber baozi

Shān jiāo fèngzhǎo	山椒凤爪	Chicken feet with mountain chili peppers
Shāo féicháng	烧肥肠	Braised pork chitterlings
Shíjǐn guǒ gēng	什锦果羹	Mixed fruit soup
Shuǎngkǒu lǎo tánzi	爽口老坛子	Pickled vegetables and meat
Shuǐzhǔ niúròu	水煮牛肉	Boiled beef slices in a fiery sauce
Shuǐzhǔ niúwā	水煮牛蛙	Boiled bullfrog in hot chili oil
Shuǐzhǔ rǔ gē	水煮乳鸽	Boiled squab breast
Shuǐzhǔyú	水煮鱼	Boiled fish in hot chili oil
Sìchuān liángmiàn	四川凉面	Sichuan style cold noodles
Suāncài yóuyú	酸菜鱿鱼	Squid with pickled vegetables
Suānlà jī tiáo	酸辣鸡条	Sour and spicy chicken strips
Sùmiàn	素面	Noodles with vegetables
Tánzi ròu	坛子肉	Clay-jar pork
Tián shāo bái	甜烧白	Steamed sweet pork with sticky rice
Tiěbǎn xiān jiāng bào yā	铁板鲜姜爆鸭	Duck with ginger on cast iron
Wǔwèi míngxiā piàn	五味明虾片	Deep-fried prawns with five-flavor sauce
Xián shāo bái	咸烧白	Salty braised pork belly
Xiān mó càixīn	鲜蘑菜心	Umami mushroom and choy sum
Xiānglà tù dīng	香辣兔丁	Fragrant and spicy rabbit
Xiānglà yāzhǎng	香辣鸭掌	Fragrant and spicy duck feet
Xuè pào ròu	血泡肉	Pork blood sausages
Yán jiān ròu	盐煎肉	Salt-fried pork
Yānxūn niúròu	烟熏牛肉	Smoked beef
Yānxūn páigǔ	烟熏排骨	Smoked pork chops
Yúxiāng dàxiā	鱼香大虾	Yuxiang prawns
Yúxiāng yā fāng	鱼香鸭方	Yuxiang duck
Yúxiāngqiézi	鱼香茄子	Yuxiang eggplant
Yúxiāngròusī	鱼香肉丝	Yuxiang pork strips
Zhàn shuǐ tù	蘸水兔	Rabbit with spicy dips
Zhāng liángfěn	张凉粉	Mr. Zhang's jelly
Zhāng chá yāzi	樟茶鸭子	Tea-smoked duck

Zhōng shuǐjiǎo	钟水饺	Zhong crescent dumplings
Zhú cān gē dàn	竹参鸽蛋	Pigeon eggs and bamboo mushroom soup
Zhúsūn gān gāo tāng	竹荪肝羔汤	Lamb liver soup with bamboo shoots
Zībǔ yě shān jūn tāng	滋补野山菌汤	Nourishing mushroom soup

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第一章 川菜概述（四）

讲究制汤

川菜中汤的烹制方法十分讲究，有"川戏离不了帮腔，川菜少不了好汤"之说。例如制作清汤，需微火久吊，特别讲求打沫、清汤的方法，成汤清澈见底，味极清鲜。而制做奶汤，则需旺火急煮，色白如乳，味浓醇而不腻。而不同特点的汤对制作不同特点的菜肴也起着重要的作用。

味型多样

提起川菜的口味多样，就不能不说川菜的"三香三椒三料，七滋八味九杂"。这是什么？这是川菜的特点。吃在中国，味在四川。但这绝不是说，其他地方菜系没味或者味少。我国地大物博，随便哪个地方都有自己丰富的味，独特的味，值得自豪的味。而川菜的味是祖国菜系中的一个典型代表，那么川菜的"三香三椒三料，七滋八味九杂"是什么呢？"三香"乃葱、姜、蒜，"三椒"乃辣椒、胡椒、花椒，三料乃醋、郫县豆瓣酱、醪糟。炒菜需有葱、姜、蒜，这是放之四海而皆准的真理，但是"三椒"却是真理之上的翻新，是味的进一步扩充，四川人尤其把这"三椒"的花样弄得别出心裁，产生了"七滋八味"，创造了世界闻名的川味。"七滋"是指：酸、甜、苦、辣、麻、辣、香、咸。"八味"是指：鱼香、麻辣、酸辣、干烧、辣子、红油、怪味、椒麻。"九杂"是指用料之杂。

川菜流派

川菜从源流上有很多种说法，如旧时四川人按照地域来划分流派，分为上河帮（以成都、绵阳为中心），下河帮（以重庆、万州为中心），小河帮（以自贡、宜宾为代表）。现在人们习惯称呼'上河帮"为成都风味或川西菜，"下河帮"为重庆风味或川东菜，"小河帮"为自贡风味或川南菜。地区流派和风味的不同，使川菜的特色也略有差异，总的来讲，成都风味辣中见麻，一麻而百味生；自贡风味辣中见燥，突出香辣；重庆风味辣中见鲜，突出口感的润性。

成都风味

成都风味主要是指以成都以及绵阳一带为中心而生成的菜肴。俗话说：食在四川，味在成都。作为川西风味的代表，成都是四川的都会，同时也是四川饮食文化的中心。饮食是我们国人之天下，而成都风味则代表了中国西南部人们的口味。说起成都的川菜，早已久赋盛名，西晋文学家左思在《蜀都赋》中曾经提到过成都川菜那种使人"口水直下三千尺"的美味佳色，历代的文人墨客也竞相赞扬成都的川菜，所以到如今在川菜菜品里还有以文人命名的菜品。成都风味菜肴的特点是荤素并用，即在鱼翅席类的高级筵席内，必配有一样素菜，另有一样带麻辣味的。

此外成都风味注重菜肴的色、香、味，调料专用郫县豆瓣、德阳酱油、保宁醋等，辅料以青、红、绿色蔬菜相衬，极具美感。老字号"正兴园""荣乐园"所制名菜金钱鸡塔、红烧雪猪、竹荪肝羔汤、开水白菜等闻名遐迩。著名川菜宫保鸡丁、麻婆豆腐、樟茶鸭子、坛子肉等都来源于成都风味。另外成都等地的小吃，也是四川饮食中的代表。说到成都的小吃，我们要上溯到成都解放前，那时成都的大街小巷出现了提竹兜、挑竹担，一边吆喝一边做买卖的小贩，他们专卖自己在家中制作的方便食品，后来他们都扩大了自己的经营规模，同时又以自己开店设业的街道名称作为自己店铺招牌的名称，以此表示只此一家货真价实。如今在成都人面前提到成都的小吃，成都人自然就会想到赖汤圆、钟水饺、马红薯、张凉粉、素面、三合泥等。

在改革开放大潮的冲刷下，成都的饮食文化得到了长足发展，而今的成都小吃早已成为了大众化的食品，具有方便快捷、经济实惠、质优物美、风味十足的特点。此外成都的火锅文化与巴渝一带的火锅颇有渊源。成都的火锅文化来自于重庆，但比重庆火锅要香且鲜，而辣味也很适中。四川人对于辣较有心德，讲究外刚内柔，辣则刚而不压柔，柔则香而不抑刚，所谓刚柔并重，有刚有柔，既辣且香，香中带辣，辣中有香，同时还有一股麻味，三种味道混合起来回味无穷，再加上铜锅慢煮，这就是成都早先的"麻辣烫"。

重庆风味

重庆风味是以重庆、万州等地为中心发展演变而来。山城重庆，物华天宝，既沐两江福泽，又得群山神韵，历来为巴渝食文化的创新地、大本营。20 世纪 90 年代，重庆人的餐桌特别丰盛，一道道风味浓郁的渝菜飘香而出，眨眼工夫便创出了"重庆名食""中国名菜"等不少牌子，更不用说独树一帜、名满天下的重庆火锅。所谓"食在重庆"，真是名不虚传。重庆风味菜的特点是能采各地之长，敢于创新，适应不同顾客需要。早在民国初年，"陶乐春"餐厅就能承办高级海参宴席，"留春幄""久华源"已能制作 200 桌以上的大型烧烤席、鱼翅席、满汉全席。

川菜珍品中的虫草鸭、贝母鸡、竹参鸽蛋、烤乳猪等就属重庆首创。同时，以供应粉蒸肉、甜烧白、烧肥肠和豆花的低档餐馆也星罗棋布，食客盈门。因水产丰富，重庆厨师善于烹鱼，干烧岩鲤、豆瓣鲢鱼、鸡蓉鱼翅、酸菜鱿鱼等极为出色。谈到重庆风味就不能不提重庆火锅，重庆火锅又称为毛肚火锅或麻辣火锅，起源于明末清初的重庆嘉陵江畔、朝天门等码头船工纤夫的粗放餐饮方式，其原料主要是牛毛肚、猪黄喉、鸭肠、牛血旺等。重庆火锅文化积淀深厚、独具特色，其来源于民间，升华于庙堂，无论是贩夫走卒、达官显宦、文人骚客、商贾农工，还是红男绿女、白发垂髫，其消费群体涵盖之广泛、人均消费次数之大，都是他地望尘莫及的。作为一种美食，火锅已成为重庆美食的代表和城市名片，以至于人们说到重庆不吃火锅，就等于没到重庆。

自贡风味

自贡风味是以自贡为中心，代表川南风格的菜肴，主要分布自贡、内江、荣县、威远、资中一带。自贡原是盐商集聚之地，名菜颇多，内江是成渝交通要道，餐馆也不少。自贡的水煮牛肉、菊花火锅出众，"甜城"内江以夹沙肉、豆瓣鱼、冰糖银耳、什锦果羹等出名。伴随着盐业的兴盛，自贡风味在清中叶已名满全川，故又得"盐帮菜""盐商菜"之别名。俗话说"不吃盐帮菜，等于没到自贡来"。

得天独厚的贡盐（宫廷用盐）产地，使自贡菜厨师独得调味之利，善佐料，善治味，在民间享有"天下美食，食在四川，味在自贡"的口碑。自贡风味菜注重本地江河水产、山珍等原料，辅以泡姜、泡海椒，味厚香鲜，具有强烈的味觉刺激，有浓郁的川南特色。自贡风味取材广泛，烹调方式复杂，味型多样。其菜品涵盖了

市井家常菜、盐商公馆菜、盐工井灶菜等多种层次，其中盐工井灶菜尤为突出，水煮牛肉、火边子牛肉等都源于盐工井灶菜，体现了江湖菜的气息浓烈、滋味酣畅、率性朴实的特点。而出自大盐商家的私房菜，则体现了食材考究、味型精致、创意新奇的特色。自贡盐史学者宋良曦曾指出："盐商怪吃，无奇不有"。菜的原料越古怪，烹调方法越神秘，主人就越有身价。如"血泡肉""炮烙鹅掌"等名菜，均以选材的怪异而著称。

川菜味型

提起川菜，人们总会想到麻辣，但川菜的味道绝不是麻辣两个字能形容的。川菜的基本味型为麻、辣、鲜、咸、酸、苦六种，在六种基本味型的基础上，又可调配变化为多种复合味型。如有咸鲜、微辣的家常味型；咸、甜、酸、辣、香、鲜的鱼香味型；各味皆具的怪味型；不同层次、不同风格的红油味型、煳辣味型、陈皮味型、椒麻味型等。川菜以麻辣味著称，但并不以麻辣压制其他味。

单以香字而论，就有酱香味型、五香味型、甜香味型、香糟味型、烟香味型、咸鲜味型、荔枝味型、糖醋味型、姜汁味型、蒜泥味型、芥末味型等。随着人们生活水平的提高，人们对口味的要求也越来越高，一些传统味型已不能满足人们的口腹之欲，"新派川菜"便应运而生。受外来菜系的影响，"新派川菜"从原料、制法、用具上都发生了很大变化，在味型上也广泛采用粤、闽、港台的定型复合调味料与川菜的烹调方法相结合，烹调出多款创新风味的川菜，也使四川饮食文化的内涵上不断丰富。

现在川菜中常用的复合味型有 30 多种，主要分为三大类：第一类为麻辣类味型，有麻辣味、红油味、糊辣味、酸辣味、椒麻味、家常味、荔枝辣香味、鱼香味、陈皮味、怪味等。第二类为辛香类味型，有蒜泥味、姜汁味、芥末味、麻酱味、烟香味、酱香味、五香味、糟香味等。第三类为咸鲜酸甜类味型，有咸鲜味、豉汁味、茄汁味、醇甜味、荔枝味、糖醋味等。

麻辣味

麻辣味是以辣椒、花椒、麻椒、精盐、绍酒和味精等调制而成，为川菜中较为常见的味型，其特点为香辣咸鲜，回味略甜等，多用于冷、热菜肴，如"麻辣凤尾鱼""麻辣腰片""麻辣冬笋"等。

烟香味

烟香味是以稻草、柏枝、茶叶、樟叶、花生壳、锯木屑等为熏制材料，用于熏烤制作肉类菜肴，特点为咸鲜醇浓、香味独特，成菜如"樟茶鸭子""烟熏牛肉""烟熏排骨"等。

陈皮味

陈皮味是以陈皮、川盐、酱油、醋、花椒、干辣椒、姜葱、白糖、辣椒油、芝麻油等调制而成，其特点是陈皮芳香、麻辣味厚、略有回甜，多用于冷菜的制作，风味名菜如"陈皮鸭""陈皮烧肉""陈皮兔丁"等。

怪味

怪味是四川菜中比较独特的味型，是以川盐、酱油、花椒粉、白糖、蒜蓉、味精、辣椒油、芝麻油等多种调料调制而成，集众味与一体，鲜、甜、麻、辣、酸、香、咸并重，故以怪味名之，它多用于鸡、鱼、兔肉和花生、核桃仁为原料调制的冷菜，如"怪味鸡丝""怪味酥鱼""怪味花生""怪味核桃仁"等。

家常味

家常味是以豆瓣、红辣椒、川盐、酱油等调制而成，因四川人"家居常有"故得其名。其特点是咸鲜微辣，广泛应用于如"回锅肉""盐煎肉""家常海参""家常豆腐"等热菜。咸鲜味咸鲜味是川菜中常用的味型，其主要是以川盐和味精为主料调制而成，以突出鲜味，其特点为咸味适度、咸鲜清淡。咸鲜味多用于家常冷、热菜的制作，如"鲜蘑菜心""鲜熘鸡丝""芙蓉鸡片等。

酸辣味

酸辣味是以川盐、酱油、米醋、胡椒粉、味精、芝麻油等为主要调料制作加工而成，其特点是酸辣咸鲜、醋香味浓。风味名菜有"酸辣鸡条""酸辣黄瓜条"等。

姜汁味

姜汁味是用川盐、酱油、姜末、芝麻油、味精等调制而成，特点是色泽淡雅、咸鲜清淡、姜汁味浓。常见菜肴如"姜汁仔鸡""姜汁鱼""姜汁肉丝""姜汁鸭掌""姜汁菠菜"等。

鱼香味

鱼香味是川菜中最为著名的味型，其是用川盐、酱油、白糖、米醋、泡辣椒、姜葱蒜等调制而成，特点是咸辣酸甜，具有川菜独特的鱼香味。成品如"鱼香肉丝""鱼香大虾""过江鱼香茄饼""鱼香茄子""鱼香鸭方"等。

椒麻味

椒麻味是以四川特产的花椒为主要调味料，再搭配川盐、酱油、葱叶、味精、芝麻油等调制而成，特点是咸鲜味麻、葱香味浓。椒麻味一般用于制作风味凉拌菜，风味名菜如"椒麻鸡片""椒麻鸭掌"等。

煳辣味

煳辣味是独具特色的川菜味型，是以川盐、酱油、干红辣椒、花椒、葱姜蒜等为调料加工而成，口味特点是香辣，以咸鲜为主，略带甜酸，风味名菜有"煳辣鸡丁""煳辣扇贝""煳辣肚片"等。

鲜辣味

鲜辣味是川菜近几年发展革新的创举，其魅力在流行冷菜"蘸水兔"中体现得淋漓尽致。上乘的鲜辣味以新鲜的小米辣椒为主，搭配青辣椒、青花椒、香菜和芝麻酱等调和而成，其口感虽然极辣，却有鲜椒独特的味感。

香辣味

香辣味是在麻辣味、煳辣味等基础上出现的一种味道，调味过程中，它借用了大量的呈香料，比如花生、芝麻等，口味有一种复合的香气，成菜如"香辣兔丁""香辣鸭掌""香辣鹅膀"等。糟辣味主要以海椒为主料，剁成碎块后加入剁碎的姜末、

蒜米，再用精盐、白酒拌匀，装坛密封腌渍而成。糟辣味型能够崭露头角，与近几年四川流行"河鲜系列"菜不无关系，因为许多河鲜菜的主打调味料就是糟辣味。

芥末味

芥末味是以川盐和芥末为主要调味料，再加入酱油、醋、味精和芝麻油等调制而成。芥末味的风味特点是咸鲜酸辣，芥末味浓。风味名菜有如"芥末鸡片""芥末鸭掌""芥末扇贝"等等。

川菜技法

在川菜的发展过程中，由于不断开拓和创新，才能拥有今天的六大类菜点，4000 多个品种的菜肴风味体系。川菜既用全国通用的一些烹饪法，也创造了一些独具一格的烹饪法，这些烹饪法是使川菜具有川味特色的技术基础，包括小炒、干煸、干烧、家常烧、煎、炸、熏、泡、炖、焖、烩、爆等近 40 种之多，其中川菜常用的小炒、干煸、干烧、家常烧是川菜对中国烹饪技法的一大贡献，也是川菜独有的技法。

干烧

干烧是先用旺火，再用中火或小火使原料成熟。若是以原料的生熟分类，烧可以分为生烧和熟烧；以成菜的色泽可分为红烧和白烧；以突出调味料烧可分为酱烧、葱烧等。而干烧则是四川一种特殊的烧法，其实质上是汤烧，使汤汁在中火上漫漫地渗透到原料内部，或者粘附于原料之上，掌握干烧之法，需要注意两点，即中火慢烧，不能性急，自然收汁，不能用芡，成菜如"干烧鱼翅""干烧鹿筋""干烧岩鲤""干烧鲫鱼"等。

小炒

就全国范围来讲，炒的方法很多，生炒、熟炒、清炒、水炒、干炒、软炒、湿炒、推炒、滑炒、抓炒、焦炒等等。而小炒之法和其他炒法一样，也有自己特定的含义。小炒的特点就是原料要码味码芡，用旺火在锅中先用热油将原料炒散，再加配料并迅速烹味汁后炒匀，使菜肴成熟。四川厨师常用"不过油，不换锅，临时对汁，急火短炒，一锅成菜"这些话来概括小炒的风格，从小炒所用的火候可看到它的

要诀在于一个快字，火要事先准备好，燃得旺旺的，主料和辅料要准备好，在锅中只能翻炒几下，调味料也要准备好，所对的味汁下锅后推转一下就要起锅。

泡

泡是把经加工处理的原料放入有精盐、花椒、酒以及冷开水制成的溶液的坛子中浸泡，利用盐水中产生的乳酸等有机化合物使原料成熟、入味、增香的烹调方法。泡原为四川普通家庭腌制质地鲜脆的蔬菜的一种方法，现已被餐厅厨师广泛用于菜品的制作中，并进一步加以改进，赋予了新的内涵。由此开发出一系列的菜肴，大受顾客的青睐，如"山椒凤爪""爽口老坛子""秘制节节香""泡甜子姜""泡甜蒜"等。

水煮

煮将洗净的形大体厚或整形的生原料，或者是经过初步加工过的半成品，放于足够量的汤汁或清水中，用旺火煮沸，改用温火煮至熟的一种烹制方法。煮可以单独成菜，常用于煮制蔬菜、豆制品和蛋品一类的汤菜。具有口味清鲜、汤汁多、不勾芡、有汤有菜的特点。而四川风味的水煮源于自贡盐场的盐业工人，相传是北宋庆历年间原富顺、荣县一带盐井牵车的役牛被淘汰后，盐工们常用盐和花椒做调料，煮牛肉吃。如今，自贡以及四川的"水煮"菜式已经遍及全世界，成为川菜独特而时尚的烹调技法，其中著名的菜品有"水煮牛肉""水煮鱼""水煮牛蛙""水煮乳鸽等"。

干煸

干煸是川菜烹饪中很有特色的一种技法，其多用中火，将经过加工成丝、条形状的原料，用少许油在锅中不断翻拔煸炒，使其脱水成熟并呈干香的口感，此法的妙处在于不论是用鱿鱼丝、鳝鱼丝、牛肉丝等荤料，还是用萝卜、冬笋、黄豆芽等素料，成菜后都有酥软干香的特点，干煸的过程就是使原料由生至熟，由熟至酥，再由酥转软，并使酥与软巧妙地融汇在一起，达到酥中有软，软中带酥，这过程最能考验厨师掌握火候水平的高低。

口水童子鸡

原料：净仔鸡 1 只，熟芝麻适量。

调料：精盐 2 小匙，红油 1 小匙，葱段、姜片、八角、花椒、胡椒、绍酒、花生酱、白糖、蒜泥、酱油、味精、陈醋、花椒油各少许。

做法：1 将净仔鸡洗涤整理干净，下入沸水中焯除血水，再放入冷水中浸泡 10 分钟，捞出沥干备用。2 将净仔鸡放入盆中，加八角、花椒、姜片、葱段、胡椒、绍酒、精盐及适量清水腌制 2 小时，再用水冲洗干净，放入蒸锅蒸 20 分钟，取出晾凉，放入冰箱冷藏待用。3 食用时将仔鸡取出，切成大片，加入红油、花生酱、白糖、蒜泥、酱油、味精、陈醋、花椒油拌匀，再撒上熟芝麻即可。

怪味牛肉

原料：牛肉 500 克，熟白芝麻少许。

调料：白糖、陈醋各 2 小匙，红油、绍酒、豆瓣、老干妈豆豉、芝麻酱、花椒粉、花椒油、香油各 1/2 小匙，清汤、红卤水、色拉油各适量。

做法：1 将牛肉洗涤整理干净，切成四大块，下入沸水中焯烫一下，去除血水，再放入红卤水中，小火卤至八分熟，捞出晾凉，切成 1.5 厘米见方的小块，然后再用沸水焯烫一下，捞出后沥干备用。2 坐锅点火，加入色拉油烧热，下入牛肉块小火炸干，捞出后沥油待用。3 锅中留少许底油烧热，先下入豆瓣煸出香味，再放入牛肉块，添入清汤，加入绍酒、白糖、陈醋烧至收汁，然后加入老干妈豆豉、芝麻酱、花椒粉、红油、香油、芝麻翻烧均匀，盛出晾凉，即可装盘上桌。

酒醉基围虾

原料：鲜活基围虾 500 克。

调料：姜末 5 克，白酒 100 克，陈醋 2 小匙，精盐 1/2 小匙，香油、味精各少许。

做法：1 将基围虾洗涤整理干净，装入玻璃器皿中，倒入白酒，迅速盖上盖，上下摇晃几下，再放置约 5 分钟备用。2 将香油、陈醋、姜末、味精、精盐搅拌均匀，制成味汁，与基围虾一起上桌，蘸食即可。

夫妻肺片

原料：卤牛心、卤牛舌、卤金钱肚、卤牛肉各 50 克，牛百叶 50 克，熟花生屑 10 克，熟白芝麻 5 克。

调料：蒜泥、老干妈豆豉各 5 克，花椒油 1 小匙，胡椒粉、陈醋、香油、味精、鸡精各 1/2 小匙，精盐、白糖、白酒、红卤水各少许，色拉油 2 小匙。

做法：1 将牛心、牛舌、金钱肚、牛肉整理干净，切成大薄片；牛百叶洗净，下入沸水中焯熟，捞出冲凉，切片备用。2 将牛心、牛舌、金钱肚、牛肉、牛百叶放入容器中，加入色拉油、花椒油、老干妈豆豉、蒜泥、胡椒粉、陈醋、香油、味精、鸡精，精盐、白糖、白酒、红卤水搅拌均匀，装入盘中，再撒上熟花生屑、熟白芝麻，即可上桌食用。

陈皮兔丁

原料：净兔 1 只（约 1500 克），陈皮少许。

调料：葱末、姜末各 5 克，绍酒 2 小匙，糖色 1 小匙，干辣椒、花椒、花椒粉、精盐、味精、胡椒各少许，高汤、色拉油各适量。

做法：1 将净兔子洗涤整理干净，剁成小块，用花椒粉、葱末、姜末、绍酒、精盐、味精、胡椒腌制 2 小时，再下入六成热的油中炸成金黄色，捞出沥油备用。2 锅中留底油烧热，先下入干辣椒、陈皮、花椒炒香，再加入糖色、绍酒，添入高汤，然后放入兔丁慢火烧至收汁，出锅装盘即可。

咸烧白

原料：带皮猪五花肉 750 克，四川芽菜 200 克，青蒜少许。

调料：豆瓣 2 小匙，葱段、姜片、酱油、蜂蜜、白糖、味精、八角、花椒各少许，色拉油适量。

做法：1 将芽菜、青蒜分别洗净，切成小段；五花肉洗净，用大火烤至表皮焦煳，再放入温水中洗刮干净，然后放入清水锅中煮至八分熟，捞出，趁热抹上酱油、蜂蜜备用。2 坐锅点火，加油烧至八成热，下入猪五花肉炸成金黄色，捞出沥油，晾凉后顺切成大片，皮朝下一片片摆入碗中。3 锅中留底油烧热，先下入芽菜、豆瓣炒香，再放入青蒜段略炒，淋入装有肉片的碗中，然后加入少许酱油、白糖、味精、姜片、八角、花椒、葱段，蒙上保鲜膜，放入蒸锅蒸 2 小时，取出后将碗翻扣入盘中，即可上桌食用。

葱香大排

原料：猪排骨 1000 克，大葱 120 克，红枣少许。

调料：姜、蒜各 20 克，精盐、老抽各 2 小匙，味精、鸡精各 4 小匙，绍酒 2 大匙，草果、陈皮、甘草、桂叶、水淀粉各少许，色拉油 1000 克。

做法：1 将葱、姜、蒜分别洗净，葱切成段，姜、蒜切成片备用。2 将猪排骨洗净，切成 8 厘米长的段，用热水焯烫后捞出待用。3 锅中加入清水，放入排骨，加入 20 克葱段、姜片、蒜片、精盐、老抽、味精、鸡精、绍酒、草果、陈皮、甘草、桂叶、红枣，开锅后用小火炖煮 1 小时，熟透后将排骨捞出，沥干水分待用。4 锅中放入色拉油烧热，下入葱段炸成金黄色，捞出沥油，装入盘中，待油温升至八成热时，下入卤好的排骨炸 3 分钟，捞出后摆在盘中的葱段上面即成。

酱爆牛肉

原料：牛肉 500 克，青椒片、红椒片各 25 克。

调料：豆瓣酱 2 大匙，鸡蛋 1 个，胡椒粉、生抽、味精、玉米淀粉、葱花、姜片、蒜片、绍酒、精盐、味精各少许，食用碱 100 克，色拉油 750 克。

做法：1 将牛肉去除筋膜、洗净，顶刀切成厚片，用食用碱腌制 5 分钟，再用清水冲洗干净，沥干水分备用。2 将蛋清、胡椒粉、生抽、味精、玉米淀粉放入碗中搅拌均匀，再放入牛肉片抓匀待用。3 坐锅点火，加油烧至四成热，下入牛肉片滑炒 2 分钟，捞出沥油备用。4 锅中留少许底油烧热，先下入葱花、姜片、蒜

片、豆瓣酱煸香，烹入绍酒，再放入牛肉片、青椒片、红椒片翻炒 2 分钟，加入精盐、味精调好口味，用水淀粉勾薄芡，淋入少许熟油，即可出锅装盘。

蚝油芥蓝牛肉

原料：牛里脊肉 300 克，芥蓝 100 克。

调料：葱末、姜末、蒜末各少许，蚝油、白糖、淀粉各 1 大匙，色拉油适量。

做法：1 将牛里脊肉去除筋膜，洗涤整理干净，再切成薄片，放入碗中，加入蚝油、白糖、淀粉腌制 10 分钟；芥蓝择洗干净，切成长段备用。2 坐锅点火，加油烧热，放入芥蓝翻炒至熟，盛入盘中待用。3 锅中留少许底油烧热，先下入葱末、姜末、蒜末爆香，再加入牛肉片快炒至熟，盛在芥蓝上，即可上桌食用。

畜肉大蒜炒肚条

原料：猪肚 500 克，青蒜苗 50 克，青椒、红椒各 15 克，

调料：精盐、胡椒粉各 1 小匙，味精、白糖各 1/2 小匙，绍酒 1 大匙，水淀粉 25 克，清汤 150 克，色拉油适量。

做法：1 将青蒜苗择洗干净，切成段；青椒、红椒分别去蒂及子，洗净后切成条；蒜瓣去皮、洗净备用。2 将猪肚洗涤整理干净，放入锅中加清水煮约 1.5 小时至软烂，捞出沥干，晾凉后切成宽条待用。3 坐锅点火，加油烧至六成热，先下入蒜瓣煸炒出香味，再放入肚条，烹入绍酒，添清汤，加入精盐、胡椒粉、白糖小火翻炒 2 分钟，然后加入味精调好口味，用水淀粉勾薄芡，先将蒜瓣炒出香味并呈金黄色，再放入猪肚条，再放入青蒜苗段翻炒均匀，即可装盘上桌。用旺火翻炒至均匀入味，出锅前加蒜苗提味。

鱼香肉丝

原料：肉丝 250 克，玉兰片 100 克，水发木耳 30 克，泡红椒末 25 克。

调料：姜丝、蒜末、保宁醋、酱油、白糖、水淀粉各适量，清汤 50 克，熟猪油 100 克。

做法：1 将猪肉丝放入碗中，加入少许精盐、水淀粉抓拌均匀；玉兰片、木耳均洗净、切丝备用。2 锅中加入猪油烧至六成热，先下入姜丝、蒜末、泡红椒末炒出香味，再放入肉丝炒散，然后下入玉兰片、木耳丝翻炒几下，再加入白糖、保宁醋、酱油、葱花翻炒均匀，添入清汤，最后用泡红辣椒等要旺火炒出香辣味，放入肉丝水淀粉勾芡，即可出锅装盘。和配料后需要翻炒均匀，动作要迅速。

五味明虾片

原料：虾 350 克。

调料：淀粉 200 克，五味汁 200 克，猪油 2000 克（实耗 150 克）。

做法：1 将明虾洗涤整理干净，从背部剖开，用刀背碾成片，再沾匀干淀粉备用。2 坐锅点火，加入猪油烧至六成热，下入虾片炸至外酥里嫩，捞出沥油，装入盘中，再淋上五味汁，即可上桌食用。炸虾时要先把虾放温油锅内炸至熟，捞出后再放热油锅内炸酥脆。

豆瓣鲤鱼

原料：鱼 1 尾（约 750 克）。

调料：葱花 50 克，姜末 10 克，蒜末 30 克，豆瓣 40 克，精盐 1/2 小匙，酱油、白糖、米醋各 2 小匙，绍酒 5 小匙，水淀粉 1 大匙，肉汤 30 克，色拉油 500 克。

做法：1 将鲤鱼去磷、去鳃、除内脏，洗净后沥干水分，在鱼身的两面各切两刀（深度接近鱼骨），再用绍酒、精盐腌渍片刻备用。2 坐锅点火，加入色拉油烧热，下入腌好的鲤鱼炸至两面呈金黄色，捞出沥油待用。3 锅中留少许底油烧热，先下入豆瓣、姜末、蒜末炒成红色，再放入鲤鱼，添入肉汤烧沸，然后加入酱油、白糖，用小火烧至鲤鱼熟透，出锅装入盘中。4 锅再上火，加入原汁，用水淀粉勾芡，淋豆瓣要剁碎，与姜蒜等煸炒出红油，放入鲤鱼入米醋，撒上葱花，烧开后均匀地浇在鱼身旺火烧沸后，要改用小火烧至熟透入味。上，即可上桌食用。

三椒多宝鱼

原料：宝鱼 1 条，野山椒末、小米椒末、杭椒末各 20 克。

调料：精盐，味精，鸡粉，胡椒粉，美极鲜酱油各 1 小匙，一品鲜酱油 2 小匙，色拉油少许。

做法：1 将多宝鱼洗涤整理干净，切花刀，放入盘中备用。2 坐锅点火，加油烧热，先下入野山椒末炒香，再加入精盐、味精、鸡粉、胡椒粉翻炒均匀，浇在多宝鱼上，然后放入蒸锅中蒸熟，取出待用。3 锅中留底油烧热，下入小米椒、杭椒一起炒香，浇多宝鱼最好放加有绍酒、葱姜的沸水在多宝鱼上，即可上桌食用。锅内烫一下，口感会更加鲜香。

麻辣爆烤虾

原料：围虾 500 克，红干椒 50 克。

调料：葱花、姜丝、花椒各 5 克，精盐 1/2 大匙，味精 1 小匙，绍酒 2 小匙，香辣油 50 克，色拉油 1000 克（实耗 100 克）。

做法：1 将基围虾洗净，在背部划一刀，挑除沙线，放入碗中，加入姜丝、葱花、精盐、味精、绍酒腌制 30 分钟备用。2 坐锅点火，加油烧至八成热，放入基围虾炸至皮酥肉嫩，捞出沥油待用。3 锅中加入香辣油烧热，放入干辣椒、花椒、基围虾要收拾干净，加调味料后要充分拌基围虾煸炒 2 分钟，出锅装盘即可。匀并腌渍入味，放热油锅内旺火炸酥熟。

铁板鲜姜爆鸭

原料：仔鸭 300 克，泡椒末少许。

调料：丝 100 克，姜块 50 克，葱段 15 克，绍酒、豆瓣酱、白糖、味精、十三香、香油各少许，鲜汤 100 克，色拉油适量。

做法：1 将仔鸭洗涤整理干净，剁成小块，下入热油中炸至鸭皮紧绷，捞出沥油备用。2 锅中加油烧热，先下入姜块、葱段、豆瓣酱、泡椒末炒香，再烹入绍酒，加入鲜汤、白糖、十三香、鸭块煨至入味，然后加入味精、香油炒匀待用。3

取一铁板烧热，放油将姜丝炒香，再将鸭块鸭块要放温油锅内炸上颜色，再用小火烧倒在铁板上即成。煮入味，放铁板上后需要快速上桌。

宫保鸡丁

原料：鸡腿肉 200 克，水发玉兰片 75 克，红干椒 5 克，花生仁 30 克。

调料：葱花、姜末各 3 克，蒜末 10 克，精盐、白糖、味精各 1/2 小匙，香油、花椒各 1 小匙，绍酒、水淀粉各 2 小匙，酱油、保宁醋各 4 小匙，鸡蛋清 1 个，清汤 25 克，熟猪油 100 克。

做法：1 将玉兰片洗净，切成方丁；红干椒去蒂、去子、洗净，切成 2 厘米长的段；鸡腿肉去皮、洗净，用刀背斩松，切成 1 厘米见方的丁，再放入碗中，加入少许精盐、酱油、水淀粉、绍酒、蛋清搅拌均匀备用。2 坐锅点火，加入猪油烧至八成热，先下入红干椒段、花椒快速炒成棕红色，再放入鸡丁干红辣椒以炒至色呈棕红色为度；花生仁要炒散，然后加入玉兰丁略炒，再加入姜末、蒜在出锅前放入，不宜过早下锅，以保持脆嫩。末、葱花炒出香味，最后放入花生仁，加入白糖、保宁醋、酱油、味精、清汤烧至入味，淋入香油，颠翻均匀，即可出锅装盘。

三色蒸蛋羹

原料：鸭蛋 2 个，松花蛋 2 个，鸡蛋 4 个。

调料：葱花、姜末、胡椒粉、精盐、味精、猪油各少许。

做法：1 将咸鸭蛋用清水煮熟，剥开后取出蛋黄，切成小丁；松花蛋去壳、洗净，切成小丁备用。2 将鸡蛋磕入碗中搅散，再加入适量温水，放入咸蛋黄丁、松花蛋丁，然后加入葱花、姜末、胡椒粉、精盐、味精、猪油调匀，放入蒸锅中用中火蒸约 8 分钟，取出后即可上桌食用。搅拌蛋液动作要轻，不要猛搅蛋液，会使蛋液起泡，蒸时鸡蛋液不会溶为一体。

麻婆豆腐

原料：豆腐 1 块（约 750 克），牛肉 50 克。

调料：葱丁 10 克，葱末、姜末各 5 克，胡椒粉、白糖各少许，精盐、味精、香油各 1/2 小匙，绍酒、花椒粉各 1 小匙，酱油 2 小匙，绍酒 1 大匙，豆瓣酱、水淀粉各 25 克，猪油 50 克，肉汤 500 克。做法：1 将豆腐洗净，切成 1 厘米见方的丁，下入加有精盐的沸水中煮 3 分钟，捞出沥干；牛肉洗净，切成细丁；豆瓣酱剁碎，与酱油、胡椒粉、白糖、味精、香油、水淀粉及适量肉汤调匀，制成芡汁待用。2 坐锅点火，加入猪油烧至八成热，先下入牛肉丁炒散，再加入葱末、姜末、豆瓣酱炒出香味，烹入绍酒，添入肉汤，然后放入豆腐，用小火炖约 10 分钟，待汤汁浓稠时，烧豆腐时要用净锅热油，烧沸后用小火炖制；肉淋入芡汁翻匀，出锅装入盘中，再撒上花椒汤不要多，以淹没豆腐的七八成为度。粉、香葱丁，即可上桌食用。

干煸土豆丝

原料：豆 500 克，香菜段 50 克，干辣椒丝 10 克。

调料：葱花、姜丝、精盐、鸡粉各少许，味精、白糖各 1 小匙，花椒 5 克，陈醋少许，色拉油适量。

做法：1 将土豆去皮、洗净，切成粗丝备用。2 坐锅点火，加油烧至七成热，下入土豆丝炸成金黄色，捞出沥油待用。3 锅中留少许底油烧热，先下入干辣椒丝、蒜丝炒出香味，再放入土豆丝，加入精盐、白糖、味精，用小切成丝的土豆要放清水中浸泡以去火炒约 2 分钟，然后撒上香菜段，淋入花椒油、香油，掉淀粉，再用旺火热油炸成金黄色。即可出锅装盘。

蚂蚁上树

地瓜粉最好放温油锅内炸一下，捞出沥油后再用小火与煸炒至干的肉末和调料炒匀，可使肉末更容易粘在地瓜粉上。

原料：水发地瓜粉 750 克，猪五花肉 150 克，瓣酱剁碎备用。青蒜苗 50 克。2 坐锅点火，加入猪油烧至八成热，先下葱花、姜末各 3 克，胡椒粉、味精各 1/2 入猪肉丁煸炒至焦干，再加入豆瓣酱、葱小匙，酱油、香油各 2 小匙，绍酒、

豆花、姜末炒出香味，然后烹入绍酒，添入清瓣酱、猪油各 2 大匙，肉汤 400 克。汤，放入地瓜粉，改用小火煨至汤汁浓稠。

做法：再加入胡椒粉、酱油、味精快速翻炒均匀，1 将猪五花肉洗净，切成细丁；地瓜粉洗最后撒上青蒜苗丁，淋入香油翻匀，即可出净，切成长段；青蒜苗择洗干净，切成丁；豆锅装盘。

清炖牛肉

原料：肉 1000 克，香菜 10 克。

调料：葱段、姜片各 10 克，绍酒 50 克，精盐、味精、八角、桂皮、山奈、香叶、花椒各少许。

做法：1 将牛肉去除筋膜、洗净，切成小块，用清水流动冲漂 2 小时，捞出沥干；香菜择洗干净，切段备用。2 坐锅点火，加入适量清水，放入葱段、姜片、八角、桂皮、山奈、香叶、花椒、牛肉块，烧开后撇去浮沫，再加入绍酒，改用小火慢炖 2 小时，然后放入精牛肉要洗净血水，放冷水锅内烧沸去盐、味精续炖 10 分钟至均匀入味，再撒上香菜段，出浮沫，用小火炖煮，出锅前调味。锅装入汤碗中即成。

滋补野山菌汤

原料：菇、白侧菇、滑子蘑、口蘑、冬菇各 50 克，枸杞 5 克，人参片 3 克。

调料：葱花、姜片各 3 克，精盐、鸡汁各 1/2 小匙，胡椒粉少许，鸡汤 500 克，蘑菇精 1 小匙，鸡油 1 大匙。

做法：1 将草菇、白侧菇、滑子蘑、口蘑、冬菇分别去蒂、洗净，切成小块，下入沸水中焯烫一下，捞出沥干；枸杞洗净备用。2 坐锅点火，加入鸡油烧热，先下入葱花、姜片炒香，再放入草菇、白侧菇、滑子蘑、口蘑、冬菇煸炒均匀，然后添入鸡汤，放入枸杞、人参片、精盐、鸡汁、蘑菇精，烧开后转用小火煲约 15 分钟，再加入胡椒粉调匀，即可出锅装碗。各种食用菌要整理干净，用小火煸炒出香味，加入鸡汤旺火烧沸，要盖严锅盖用小火煮入味。

麻辣烫锅

原料：锅底料、肉串、蔬菜串各适量。

调料：精盐 1/2 大匙，胡椒粉、鸡精、味精各 1 小匙，鲜汤 1500 克。

做法：1 坐锅点火，先放入鲜汤、火锅底料烧沸，再加入精盐、胡椒粉、鸡精、味精调匀，然后与各种肉串和蔬菜串一起上桌。2 将肉串、蔬菜串下入锅中煮约 2 分钟至熟，取出即可食用。烧煮好麻辣烫的汤汁，放入各种食材稍煮至熟后出锅，时间不要长。

红油水饺

猪肉馅要选用五花肉，先切成小粒，再剁成细蓉，加精盐、鸡蛋、花椒水等搅拌均匀并上劲即可。

原料：粉、猪肉馅各 500 克。

调料：葱末、蒜泥各 50 克，老姜少许，酱油 75 克，白糖 1 大匙，精盐、花椒、胡椒粉各 1/2 小匙，味精 2 小匙，鸡蛋 1 个，红油 100 克。

做法：1 将面粉加入适量清水调和成面团，稍饧后搓成粗条，每 6 克下一个面剂，再擀成饺子皮；老姜拍松，放入锅中，加入适量清水和花椒，上火烧开煨至出味，制成花椒水；肉馅中先加入胡椒粉、味精、精盐、鸡蛋搅至上劲，再加入姜末、花椒水，搅拌均匀备用。2 将馅料包入饺子皮中，捏花边封口待用。3 坐锅点火，加入适量清水烧开，下入饺子，轻轻推转，待水再次沸时加入适量冷水（反复三次）煮至熟透，捞出沥干，装入小碗中，再加入酱油、红油、白糖、味精、蒜泥调匀，即可上桌食用。

担担面

原料：豆苗段、芽菜末各 100 克，榨菜末 50 克。

调料：葱花、姜末各适量，豆瓣酱、香油各 2 大匙，味精、酱油、花椒油各 1 大匙，麻酱 50 克，精盐 1 小匙，面粉 500 克，鸡汤 750 克，色拉油 2 大匙。

做法：1将麻酱用水稀释；面粉加入适量清水调和成面团，再擀薄，切成面条，用沸水煮熟，盛入碗中待用。2锅中加油烧热，先下入榨菜、芽菜、豆瓣酱、香油、酱油、麻酱、精盐、味精、花椒油、葱花、姜末炒芽菜、榨菜等要洗净切碎，用旺火炒香，再添入鸡汤烧开，下入豌豆苗烫熟，浇入装有面出香味，再加鸡汤等煮入味。条的碗中，即可上桌食用。

三鲜小包

原料：粉500克，猪肉馅200克，水发海参100克，大虾、鸡肉各50克。

调料：葱花30克，姜末10克，精盐1/2大匙，味精4小匙，白糖、胡椒粉各1小匙，酱油1大匙，香油3大匙，酵母粉适量，猪油2大匙。

做法：1将鸡肉去除筋膜、洗净，剁成泥；大虾去壳、除沙线，洗净、切丁；海参洗涤整理干净，切丁备用。2将猪肉馅放入盆中，加入精盐、酱油及少许清水，顺一个方向搅至上劲，再依次加入虾肉、海参、味精、白糖、胡椒粉、香油、猪油、葱花、姜末搅拌均匀，制成馅料待用。3将面粉加入酵母粉及适量清水，调和成面团后稍饧，每20克下一个面剂，再包入馅调制馅料时要先加精盐、酱油拌匀上劲，再放入料，捏成立褶的圆形包子，然后放入屉中，三鲜料拌匀，最后加葱姜、香油等稍拌即成。用旺火蒸10～20分钟，取出即可食用。

四川凉面

原料：擀面500克，绿豆芽150克，熟芝麻5克。

调料：泥2小匙，花椒粉、香油各1/2小匙，酱油3大匙，白糖、米醋各1小匙，芝麻酱、红油、辣椒粉各2大匙。

做法：1将面条放入清水锅中煮熟，捞出冲凉，沥干水分；绿豆芽掐去头尾、洗净，下入沸水中焯烫一下，捞出沥干，与面条一起放入碗中备用。2将蒜泥、花椒粉、白糖、米醋、酱油、芝麻酱、香煮好的细面条要放冷水中过凉，食用油、红油、辣椒粉放入小碗中调匀，均匀地浇在凉面时再淋上调制好的香辣味汁。碗中，拌匀即可食用。